

2018-2019

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An Institution of
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Sophia College for Women
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Bhulabhai Desai Road
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www.sophiacollegemumbai.com

Event Name: Teaching and Tree Plantation in Haloli

Date: 06/08/18

Number of Volunteers: 70

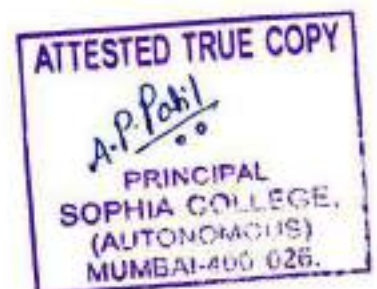
Number of Beneficiaries: 70

A brief report about the event:

This event was conducted to spread environmental awareness and encourage the importance of tree plantation. Volunteers from NSS visited Haloli Village, where they engaged with students and community members, educating them on the significance of planting trees. The event concluded with the plantation of saplings across the village, with the participation of 225 students, who also learned about sustainable practices.



P. P. P. P.
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Event Name: Street Play on Organ Donation

Date: 09/10/18

Number of Volunteers: 15

Number of beneficiaries: 146

A brief report about the event:

This awareness campaign focused on promoting organ donation through a street play performed by NSS volunteers. The play was performed at Grant road station, engaging a wide audience and encouraging them to consider the life-saving impact of organ donation. The play emphasised the social responsibility aspect and saw participation from 346 students.



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Event Name: Shiksha Project

Date: 13/01/19 - 18/01/19

Number of volunteers: 60

A brief report about the event:

The Shiksha Project was aimed at providing education to students at BR Ambedkar BMC School. Over six days, NSS volunteers taught basic literacy, numeracy, and life skills to children. The project also emphasised the importance of education for social development. A total of 60 students participated, making a meaningful contribution to the education of young learners.



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Event Name: Blood Donation Camp

Date: 20/10/18

Number of Volunteers: 30

Number of registered participants: 115

A brief report about the event:

The NSS unit of Sophia College for women organised a blood donation camp to encourage students and community members to donate blood and contribute to healthcare. The camp was set up on campus, with medical professionals overseeing the donation process. A total of 116 students participated, providing essential blood donations to local hospitals.



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Event Name: Diya Sale

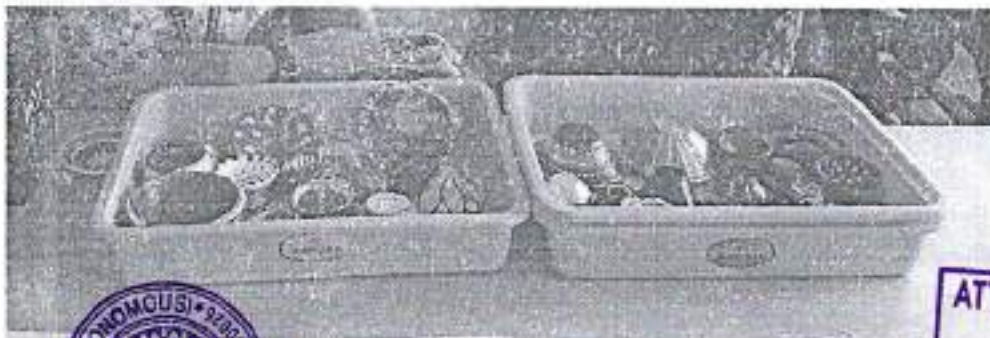
Date: 11/10/18

A brief report about the event:

This event focused on promoting social responsibility and supporting local artisans by organising a Diya sale before Diwali. The NSS volunteers helped sell handmade Diyas to raise funds for sponsoring stationary, next year for the school of our adopted village- Haloli, Palghar. A total of 67 students participated, contributing to the cause by selling and purchasing Diyas, thereby supporting the local economy.



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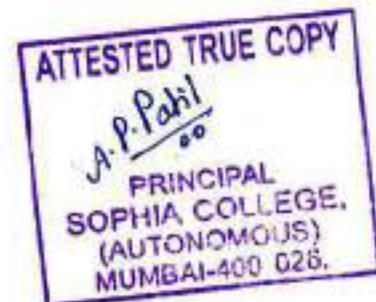
www.sophiacollegemumbai.com

Event Name: Blood Donation Camp

Date: 30/01/19

A brief report about the event:

In collaboration with the Red Ribbon Club and TATA Memorial Hospital, the NSS unit of Sophia college for women organised a blood donation camp aimed at helping cancer patients and others in need of blood. The camp saw 88 students come forward to donate blood, making the event successful in creating awareness about blood donation and its impact on saving lives.



A. P. Pahl
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Event Name: Tree Plantation Drive at Amarson Gardens

Date: 07/07/18

A brief report about the event:

This environmental initiative was organised to plant trees at Amarson Gardens. The drive encouraged students to actively participate in tree plantation and take steps towards environmental conservation. With 43 students planting saplings, the event aimed to raise awareness about the importance of greenery in urban areas.



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Event Name: Tree Plantation Drive at Haloli Village

Date: 28/07/18

A brief report about the event:

The NSS unit organised another tree plantation drive in Haloli Village, focusing on rural environmental sustainability. During the event, students worked with local villagers to plant trees and educate them on the benefits of a green environment. The event saw 66 participants and helped foster a sense of environmental responsibility within the community.



Deekha
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Event Name: Self Defence

Date: 15th to 22nd Dec 2018

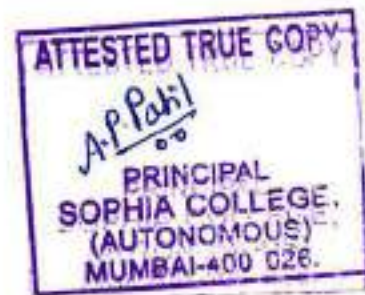
A brief report about the event:

The self-defence workshop was organised to empower students, especially girls, by teaching them basic self-defence techniques. The training sessions was conducted by Ms. Bhavana Chavan and Ms. Shreya Kamble of Combat of Taekwondo Academy. It was focused on physical defence strategies and building self-confidence.

A total of 56 students participated, gaining essential skills to protect themselves in challenging situations.



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Event Name: Road Safety Area Project

Date: 9th to 24th Feb 2019

A brief report about the event:

This initiative aimed at promoting road safety awareness among students and the community. The following activities were conducted: 1) Orientation program 2) Poster Making and Display 3) One on One interaction 4) Story and Essay writing 5) Pledge wall 6) PPT/video compilation 7) Guest lecture 8) Quiz.

The project involved interactive sessions and practical demonstrations, with 45 students participating.



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Event Name: Yoga Training

Date: 16th to 18th Oct 2018

A brief report about the event:

A three-day yoga training camp was organised to promote health and hygiene through physical and mental well-being. Participants were taught various yoga postures, breathing techniques, and meditation practices to reduce stress and improve health. A total of 33 students took part in this wellness program.



P. Parthasarathy
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Event Name: Thalassemia Check-up

Date: 20/08/18

A brief report about the event:

The NSS unit organised a Thalassemia check-up camp to raise awareness about this genetic disorder. The event provided students with the opportunity to get tested for Thalassemia, ensuring early diagnosis and management. A total of 40 students participated in the screening, making it a successful health awareness campaign.



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Event Name: Save Water Area Project

Date: 21st Dec 2018 to 15th Feb 2019

A brief report about the event:

This project aimed at spreading awareness about water conservation. NSS volunteers conducted the following activities: 1) Poster Making 2) Questionnaire making and Report Writing 3) Social Media Posting - An online initiative to spread awareness about water conservation 4) Spreading Awareness- Video Making 5) Talk and discussion on water conservation 6) Online survey 7) Documentary screening on 'Life without Water' 8) Interviewing people about water conservation and spreading awareness. A total of 56 students participated, taking forward the message of water conservation.



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Event Name: Save Electricity Area Project

Date: 24th Dec 2018 to 4th Jan 2019

A brief report about the event:

In this project, NSS volunteers promoted the need to conserve electricity and adopt energy-efficient practices. Through various activities like-

1. Questionnaire making for survey and interview.
2. Statistical Comparison of electricity bill of a festival and a normal month.
3. T-shirt painting for spreading awareness
4. Poster making
5. Interviewing people to know public opinion.

A total of 44 students participated in this conservation effort.



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Event Name: Walk With Me...Ease My Pain

Date: 13/10/18

A brief report about the event:

This health awareness event was organised to spread awareness about the life of Cancer Patients. The event included a walkathon, with participants walking in solidarity to spread awareness about mental health issues and provide support to those struggling with the pain.

The event saw 55 students participate, raising awareness about this critical issue.



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SSRI CLUB ACTIVITY: PLASTIC COLLECTION DRIVE

DATE OF EVENT: 25th June, 2018 to 2nd July, 2018.

DESCRIPTION:

In the month of June 2018, the Maharashtra government declared a ban of plastic bags and plastic based products in the state due to the large amount of production and consumption of these products.

The rules put by the Maharashtra government state:

Banned Items -

1. Plastic bags with or without handles.
2. Disposable plastic spoons, forks, cups, bowls, containers and straws.
3. Non-woven polypropylene bags.
4. Plastic pouches for storing liquid/food items.
5. Plastic and Thermocol decorative items.

Exempted Items -

1. Small PET bottles 500 ml and above.
2. Packaging material for medicines, solid waste, agricultural sector.
3. Plastic used for wrapping biscuits and chips.
4. Compostable bags/sheets.
5. Food grade virgin plastic bags over 50 micron.
6. Milk pouches over 50 microns.
7. Garbage bin liners, tiffins, raincoats, tarpaulin sheets and pens made of plastic.

Penalty for having the same :

1st offence Rs.5000

2nd offence Rs.10,000

3rd offence Rs.25,000

A large amount of plastic was collected by both students and teachers and was disposed off to the organisation ECOSAC. This non profit works to dispose of unwanted plastic in a safe and environmental friendly manner. It was a need of the hour to conduct such an activity and both the NSS Unit of Sophia College and SSRI Club worked together to get the work done.





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SSRI CLUB ACTIVITY: NEWSPAPER COLLECTION DRIVE

INVITEES: World For All

DATE OF EVENT: 28th August, 2018 to 31st August, 2018.

DESCRIPTION:

World For All Animal Care and Adoptions is an organisation that aims to inspire co-existence between stray animals and the people of Mumbai. In an attempt to provide assistance to the organisation the SSRI Club conducted a newspaper collection drive. This was a fundraising event for the organisation. The students participated in large numbers and a total of 500 rupees' worth of newspapers were collected for the organisation.





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SSRI CLUB ACTIVITY: ANIMAL FIRST AID EVENT

INVITEES: World For All

DATE OF EVENT: 31st August, 2018.

DESCRIPTION:

SSRI Club along with non profit organisation World For All animal care and adoptions conducted a session followed by a movie screening on first aid with animals. In our day to day lives we comes across strays regularly. In dealing with these animals sometimes medical attention needs to be given to them, this session was to be conducted to help the club members understand how to assist animals in such situations. The turn out for this event was good and the individuals from the organisation did a great job in explaining the basic details to the club members.





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SSRI CLUB ACTIVITY: ANIMAL ASSISTED THERAPY

NAME OF THE CLUB: Students' Social Reform Initiative (SSRI)

NAME OF THE CLUB SECRETARY: Yashaswiny Dinkar

INVITEES: Animal Angels Foundation

DATE OF EVENT: 9th October, 2018.

DESCRIPTION:

In light of Mental Health Week On October 9 2018, Deepika Bhandari and Foram Zaveri from Animal Angels Foundation India, were invited to Sophia College for Women, Mumbai by the Student's Social Reform Initiative Club (SSRI), to introduce their students to the concept of Animal Assisted therapy. The event was conducted in the canteen extension of the college. Starting from 1:30, it was a one-hour event. There were about a hundred students who attended the event, some dog lovers and some non-cynophiles, but all very eager to know what animals can help them to achieve.

They were accompanied by Leo, the golden retriever, a trained therapy dog, to demonstrate Animal assisted therapy. The students were made to feed the dog, play with him and pet him. They then informed the students that this the kind of therapy could improve a patient's mental, physical, social and emotional functioning with the aid of animals. Depending on the needs of the patient, many different animals can be used in therapy, including horses (also called equine-assisted therapy), dogs (also called canine assisted therapy), dolphins, llamas, rabbits and other animals. They also informed them that some civilians volunteered their pets for trainings in therapy to help other people through organisations like these. Leo's caretaker was also in the college with him.

It was an hour long session, and at the end of it students were allowed to take pictures with Leo.

After the event, both the trainers, Deepika and Foram were given small tokens of appreciation by the Club Secretary, Yashaswiny Dinkar.





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World Music Club 2018-19

Event: K-Talk: Session on Korean Culture and K-Pop Fandom

Speaker: Ms Jiyeon Chung (Public Diplomacy Field Practitioner at Consulate General of the Republic of Korea, Mumbai) 18.9.2018 | 1500 Hrs - 16 00 Hrs | Sophia Convention Center

[Event Description] The first WMC event to take place in campus was a talk by Ms Jiyeon Chung from the Consulate General of the Republic of Korea, Mumbai. Ms Chung headlined the emphasis of the talk on Korean Culture and the nuances that precede what we know as K-Pop today. She aided this presentation with an elaborate slideshow highlighting all major aspects of her talk and also incorporated a few trivial questions to which there were prizes for those who answered. The session concluded with a round open to questions for discussion. This event saw a participation of 35 students, most of who were ardent k-pop fans themselves.



Manesa Krichena Mao (TYBMM) - Club Secretary





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World Music Club 2018-19

Music Production Workshop: Mini-Workshop on Introduction to Recording and Production

Speaker: Tamzid Rahman (Audio Engineer, Electronic Music Producer for Projects: Purva Ashadha and Flex Machina, Founder of Space Cat Studios, Mumbai)

11.10.2018 | 1400 Hrs - 16 00 Hrs | AV Hall

[Event Description] In accordance to the WMC theme for the year ("Musicalapathy" - encouraging originality and the promotion of Indie Music), the club organised a workshop to equip students on how to start about with recording or producing one's own music. The workshop made familiar the different sounds, softwares and plugins required to make a substantial track ready to be mastered. Mr Rahman also demonstrated a quick build up for one of his tracks that was WIP. This workshop saw a total attendance of 21 students, both members and non-members.

Manesa Krichena Mao (TYBMM) - Club Secretary





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World Music Club 2018-19

Lucente Concert: 2018 Korean Cultural Festival India by The Consulate General of the Republic of Korea

Performance By: LUCENTE - A K-Pop Boy Group under Noga Entertainment, Seoul, SK

27.10.2018 | 1630 Hrs - 2100 Hrs | Sophia Bhabha Hall

[Event Description] The World Music Club of Sophia College associates with the Consulate General of the Republic of Korea, Mumbai, to organize, K-pop boy group, LUCENTE's first India mini-Concert Tour at Sophia Bhabha Hall, Mumbai. The mini-concert saw an appalling turnout of k-pop fans (more than 200) from all over the city. The program also featured a performance by Korean Artist - Yellow Code, who performed songs from her new EP and also engaged audiences with games.

Manesa Krichena Mao (TYBMM) - Club Secretary





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SIGMA REPORT (2018-2019)

DATE: 16TH JAN 2019

The new year began with a trek to Sanjay Gandhi national park, where certified naturalists and tour guides accompanied us and showed us the various plants and birds. This was the most popular event of the academic year- we had 38 participants! We walked along the Shilonda trail for three hours. The students were exposed to the interdependent life of animals and plants within the forest. Many birds were identified and we were shown how to identify them by their unique calls. Many animals were also seen. At the end of the trek, the guides told us about how Mumbai is losing Sanjay Gandhi National park to housing societies at an alarming rate and how treks like this make people more sensitive and caring towards nature. The trip was fun, informative and refreshing and was thoroughly enjoyed by the club members.

Ira Pillai

SIGMA Secretary (2018-19)





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SIGMA REPORT (2018-2019)

DATE: 12th February 2019

The E-Waste collection drive was held in collaboration with the Nature Club in order to collect and properly dispose of electronic waste which is usually disposed improperly. The E-Waste drive has been done before in the previous academic years and to continue the practice, the e-waste collection box was placed in the canteen extension from 10:00 A.M to 3:00 P.M. Around 77 students from college collected electronic waste from their homes and brought it to us. We have successfully collected all of it and are proud of the initiative.

Ira Pillai

SIGMA Secretary (2018-19)





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BRAINSTORMING WITH SCIENCE

THE THEME FOR BRAIN CAMP 2018 IS MEMORY

Brain Camp: 28th and 29th September 2018

Bombay International School's annual Brainstorming with Science Camp 2018, on September 28 and 29. THE THEME FOR BRAIN CAMP 2018 was on MEMORY. The Department of Life Sciences' helped in coordinating and conduct of the sessions in our campus. Eight schools visited the session and participated. The organizers were happy to have got the space and facility for the conduct of the program. 63 beneficiaries were benefited and participated in the camp.

The program schedule is as given below -

September 28 : All day at Sophia College Campus

Registration: 8 AM- 8.45 AM

Welcome (Science Auditorium) : 8.45 AM – 9.00 AM

Lunch and coffee breaks at appropriate times during the day

Hands-on Labs in the afternoon

Day 1 : Focusses on the Human Mind

9.00 AM	9.45 AM	10.30 AM	LAB 1 post lunch	LAB 2 post lunch
The Science of memory	Can we trust our memory?	Memory and the law	Brain Cutting	Crime Lab
<i>What is this complex system in our brains all about ?</i>	<i>Everyday errors, normal and abnormal forgetting</i>	<i>Real life stories around the fallibility of human memory and judicial process.</i>	<i>The anatomy and networks of memory revealed through hands-on dissection of a brain</i>	<i>Crime scenes in which you will participate as a forensic scientist</i>
Listen to Suhita Nadkarni, From The Computational Neurobiology lab, IISER Pune	From a psychologist's perspective	Justice Gautam Patel of the Mumbai High Court recounts	Vidita Vaidya, Prof, TIFR Dr. Meher Ursekar Neuroradiologist	Riva Pocha Forensic Scientist





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September 29 : All day at Bombay International School, Babulnath Campus

Check in : 8.45 AM

Welcome (School Hall) : 8.45 AM – 9.00 AM

Lunch and coffee breaks at appropriate times during the day, Afternoon labs

Day 2 : Focusses on Computers and Artificial Intelligence

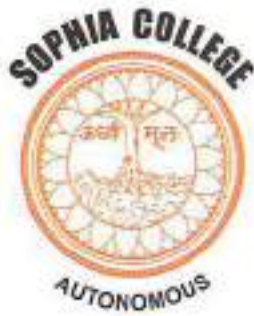
9.00 AM	9.45 AM	10.30 AM	LAB 1 post lunch	LAB 2 post lunch
Biological Memory	Computational memory	Bio-Computational Memory	Computer simulations	Psychology Lab
<i>The evolutionary biological innovations that took place in building human brain networks of memory</i>	<i>From biology to technology: Key differences between human and computer memory</i>	<i>The convergence of biological and computational memory to form hybrid bio-computational memory structures</i>	<i>Synaptic transmission in the brain – see and learn how brain cells fire and send signals that carry memory</i>	<i>Test your performance on working memory tasks</i>
Listen and interact with Rian Shams	Interact with Rian Shams	Discuss and wonder with Rian about the implications of AI for the future of humanity!	Suhita Nadkarni,	Dr. Shraddha Shah
<i>Machine Intelligence Researcher Vestal, New York</i>			<i>The Computational Neurobiology lab, IISER Pune</i>	<i>Neuropsychologist</i>



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Name of the event: Blood donation camp

Date: 28/08/19

Venue: Nair Hospital

Number of volunteers: 20

Number of beneficiaries: 20

Short Report:

On August 28, 2019, a successful blood donation camp was held at Nair Hospital, organized with the support of 20 dedicated volunteers. The event aimed to raise awareness about the importance of blood donation and to contribute to the local community's healthcare needs. The volunteers played a crucial role in facilitating the donation process, guiding donors, and ensuring a smooth experience for everyone involved.

Throughout the day, a total of 20 units of blood were collected from generous donors, directly benefiting patients in need. The camp not only emphasized the significance of regular blood donations but also fostered a sense of community spirit among participants. The organizers express their gratitude to all the donors and volunteers who made this event a resounding success, reinforcing the message that every drop counts in saving lives.



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Name of the event: blood donation camp

Date: 07/02/2020

Venue: Tata memorial hospital

Number of volunteers: 41

Number of beneficiaries: 41

Short Report:

On February 7, 2020, a successful blood donation camp was conducted at Tata Memorial Hospital, showcasing the collective effort of 41 enthusiastic volunteers. The event aimed to



address the critical need for blood donations in the community while raising awareness about its importance. The volunteers were instrumental in managing the registration, guiding donors, and ensuring that the entire process ran smoothly and efficiently.

The camp resulted in the collection of 41 units of blood, directly benefiting 41 patients in need. This initiative not only underscored the vital role of community involvement in healthcare but also fostered a spirit of altruism among participants. The organisers extend their

heartfelt thanks to all the donors and volunteers for their generous contributions, reinforcing the message that each donation has the power to save lives.



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Name of the event: tree plantation drive

Date: 12/08/19

Number of volunteers: 20

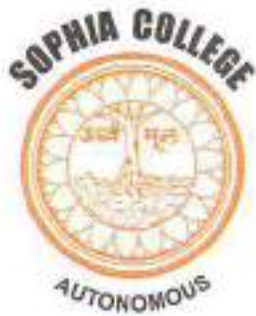
Report:

With the aim to promote a healthy lifestyle and environment, volunteers planted seeds and saplings in their societies and nearby areas. A total of 40 saplings were planted.



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Name of the event: street play on dengue malaria awareness

Date: 5/9/19

Number of volunteers: 30

Report:

A street play related to the topic Swachh Bharat was presented at the Grant Road Station. The activity was initiated with the flashmob in order to attract the crowd. Three skits were presented highlighting the problems of Dengue and Malaria based in a household, a school and a clinical setting. The activity was concluded by once again emphasising the dangers of Dengue and Malaria and how to prevent its spreading.



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Name of the event: street play on AIDS

Date: 13/01/20

Number of volunteers: 20

Report:

On the 13th of January 2020, a street play was organised to raise awareness about AIDS as part of our ongoing efforts to educate the public on health-related issues. The event aimed to highlight the importance of understanding HIV/AIDS, safe practices, and dispelling common myths surrounding the disease.



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Name of the event: distribution of mahiti doot

Date: 14/10/19

Number of volunteers: 10

Report:

Yuva mahiti doot is an initiative by the Maharashtra government which aims to disseminate information about various government scheme directly to the beneficiaries through student the NSS unit under this initiative distributed 100 mahiti doot booklets to the under privilege women, these booklets entailed details of every government scheme for their social welding and social development.



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Name of the event: save electricity project

Date: 23/11/2020-25/11/2020

Venue:

Number of volunteers: 21

Short Report:

this event was of 20 area hours. The activities of this project began from 23rd November to 25th November, 2019 to spread awareness about usage of alternative energies.

The activities conducted are: 1) Spreading awareness among children 2) Formulating a Questionnaire on electricity consumption and conservation 3) Poster making and Earthly hours 4) Tee shirt painting: to promote the importance of aving electricity. 5) Electricity bill comparison.



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Name of the event: Shiksha Project

Date: 02/12/19-20/12/19

Venue: Jagannath Shankar Sheth Municipal School

Number of volunteers: 80

Event report

The Shiksha Project was organized over two batches from 2nd to 6th December and 16th to 20th December 2019 at Jagannath Shankar Sheth Municipal School. A total of 80 volunteers participated in this initiative aimed at providing quality education and support to schoolchildren. The project focused on enhancing the academic and personal development of students through interactive learning sessions, creative activities, and mentorship. Volunteers worked closely with the children, fostering a positive learning environment that encouraged curiosity and engagement.

Throughout the duration of the project, the volunteers conducted activities such as reading, math exercises, and art workshops. They also introduced innovative teaching techniques to make learning more enjoyable and accessible. The two-week initiative not only helped the students strengthen their academic skills but also boosted their confidence and interest in studies. The Shiksha Project was a rewarding experience for both the students and volunteers, successfully contributing to the school's educational goals.



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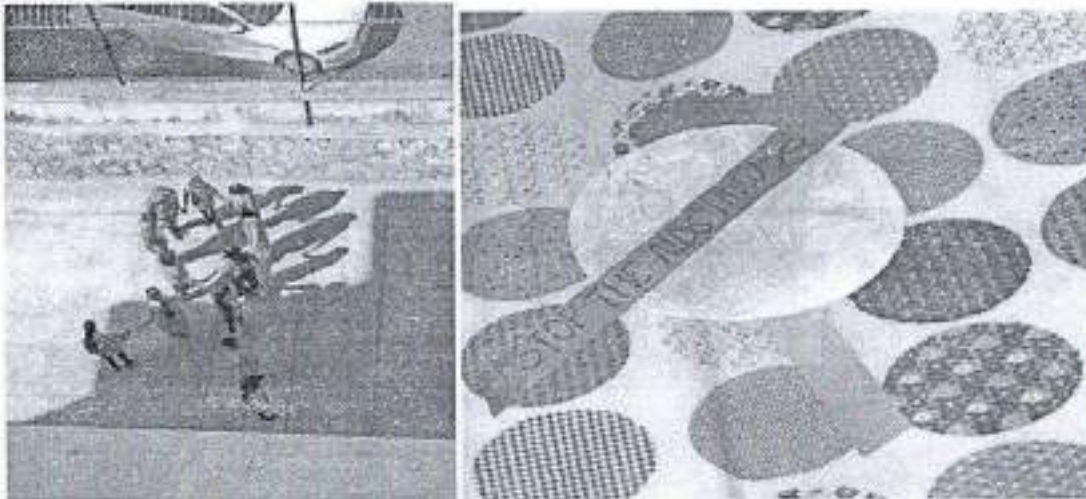
Name of the event: red ribbon club and awareness program

Date: 02/12/19 to 20/12/19

Number of volunteers: 80

Report:

The Red Ribbon Club and Awareness Program was organised with the objective of promoting awareness about HIV/AIDS and other health-related issues. Spanning across 18 days, the event aimed to educate and engage participants on the significance of health, safe practices, and the importance of destigmatizing HIV/AIDS.



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Name of the event: Road safety project

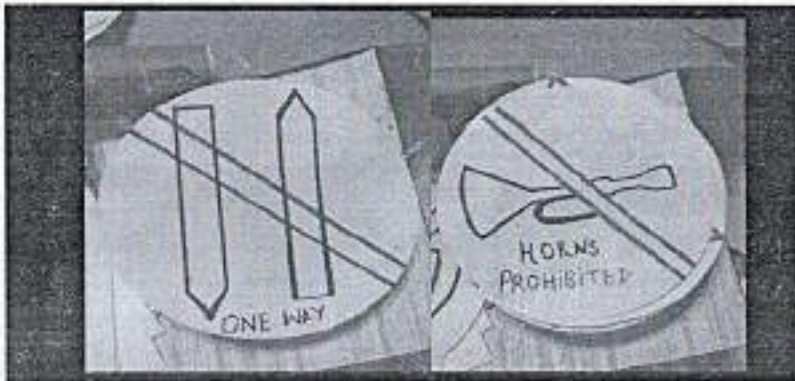
Date: 10/02/20-17/02/20

NUMBER OF VOLUNTEERS: 43

Event report:

This event was of 20 area hours:

It was organized to spread awareness on road safety and it's importance from 10th to 17th February, 2020. These were the following activities conducted for the same. 1) Interview and report (survey) 2) Safety and Road Symbols 3) Road safety poemt Jingle Slogan 4) Oath on road safety 5) Spreading awareness about laws 6) Photography of volunteers wearing the safety gear



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Name of the event: bottles for change

Date: 23/09/19

Number of volunteers: 60

Report:

This project took place over the span of 4 months.

The bottles for change is an initiative by the bisleri International limited to create awareness on plastic recycling. This project entitled plastic collection of every 4 months that is 38 kg is 90 kgs 37.2 kgs and from 23rd September 2019 to 14 February 2020 respectively. All the staff in students submitted the plastic that they collected throughout the month.



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Name of the event: rally for organ donation awareness

Date: 05/09/19

Number of beneficiaries: 500

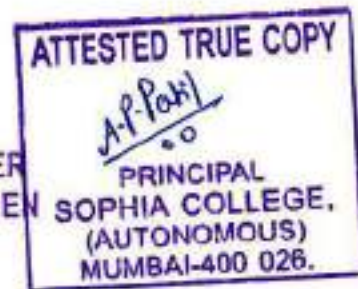
NUMBER OF VOLUNTEERS: 25

Report:

A program on organ donation awareness was conducted to create awareness by displaying the video that emphasize on the significance of donating organs to the destitute class in the society



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Name of the event: fit India campaign

Date: 29/08/19

Venue: college campus, marine drive, Haloli village

Number of volunteers: 31

Report:

This activity was organised to celebrate the National Sports Day. The Fit India Movement launched by Prime Minister Narendra Modi was screened for the volunteers to instil in them the fire to be fit and encourage others for the same.



This project being at the university level had several activities that aim towards the fitness of every volunteer and awareness about the same was made by the volunteers activities such as: fit India inauguration, run for unity, art therapy for mental health workshop, swachhata rally, yoga sessions in college, volunteers needed for the Maharashtra police International marathon.

Name of the Event: Yoga sessions

Date: 08.02.20 and 12.02.20

No. of Participants: 38

To promote the 'Fit India campaign' two yoga sessions were held at the college campus. The volunteers were taught basic yoga asanas which could be easily performed at their home for improving their fitness and flexibility.



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Name of the event: Swachhata skit

Date: 13/2/20

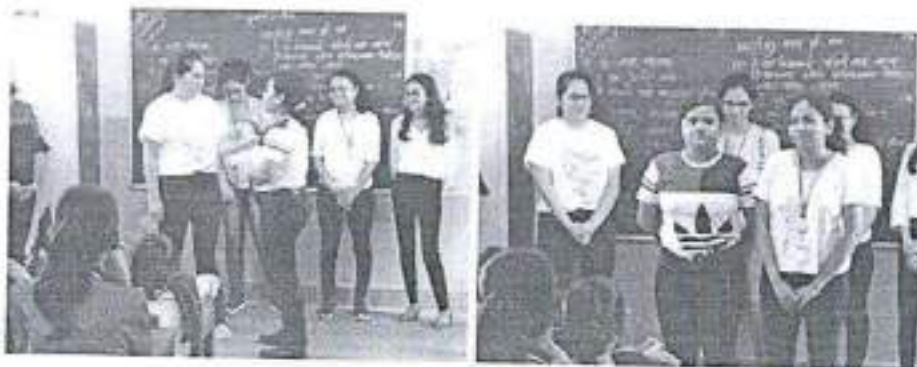
Number of volunteers: 12

Report:

A cleanliness skit was performed at Jagannath Seth Municipal School that aimed at spreading awareness on environmental issues. Posters made in the past related to the topic were displayed while performing the act.

The Swachhata Skit was performed on 13th February 2020, with 12 volunteers participating in this engaging and impactful event. The skit aimed to raise awareness about cleanliness and hygiene as part of the broader Swachh Bharat Abhiyan. With humor and creativity, the volunteers highlighted the importance of maintaining personal and community cleanliness, focusing on issues like waste segregation, sanitation, and environmental responsibility. The performance was well-received by the audience, which included 608 beneficiaries from the local community.

Through relatable characters and scenarios, the skit effectively conveyed the message of Swachhata (cleanliness), encouraging the audience to adopt cleaner habits in their daily lives. The event not only entertained but also educated the beneficiaries on how small actions can contribute to a cleaner environment. The volunteers' dedication and enthusiasm ensured that the skit left a lasting impression on the audience, fostering greater awareness and responsibility towards cleanliness.



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Name of the event: Campus cops

Date: 13th August

Number of volunteers: 40

Report:

Volunteers were divided into different groups and assign to clean various areas of the campus the activity help in spreading awareness regarding the swachh Bharat abhiyan campaign and the need for cleanliness.



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Speaker : Ms. Kazveen and Ms. Shweta

Event : Workshop on Suicide Prevention and Mental Wellbeing

Date: 28th November , 2019

Timings: 1:30 PM

Total number of Students : 41

On November 28th 2019, Ms. Kazveen and Ms. Shweta from Samaritans Mumbai, were invited by SSRI in collaboration with National Service Scheme (NSS), to conduct an interactive workshop on the topic Suicide Prevention and Mental Wellbeing. The event was held in AV Front at 1:30 PM, and 41 students attended the workshop. It was a two hour interactive session that included a question and answer session and a detailed explanation of the various parameters of mental health. The workshop threw light on what triggers mental illnesses, sign and symptoms of depression, suicide and how to combat it, and myths attached to mental health and mental disorders. The students who attended the workshop also shared their experiences in combating mental health.





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Activity Report

Speaker : Pearl Daruwalla

Event : Understanding the LGBTQ Community

Date : 4th December , 2019

Timings : 1:15 PM

Total number of Students : 57

On 4th December, 2019, Pearl Daruwalla, from the Humsafar Trust along with her team was invited by SSRI, to conduct an interactive seminar on understanding the LGBTQ community. Humsafar Trust is an NGO in Mumbai which promotes LGBT rights. Founded by Ashok Row Kavi in 1994, it is one of the largest and most active of such organizations in India. It provides counselling, advocacy and healthcare to LGBT communities and has helped reduce violence, discrimination and stigma against them. The Humsafar family was welcomed to present, celebrate and take forward the work they have been doing since 1994. The event was conducted in the AV Hall at 1:15 pm, 57 students and two faculty members, Dr Jenny Mendes and Dr Ivan John attended the event.

Dr. (Sr.) Ananda Amritmahal
Principal

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Certified by:

Dr. (Sr.) Ananda Amritmañal
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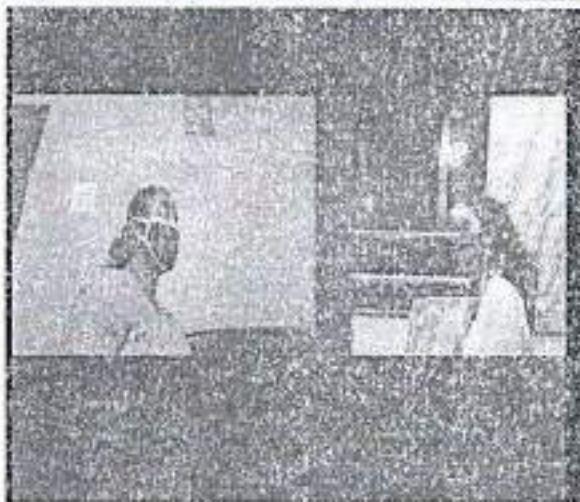
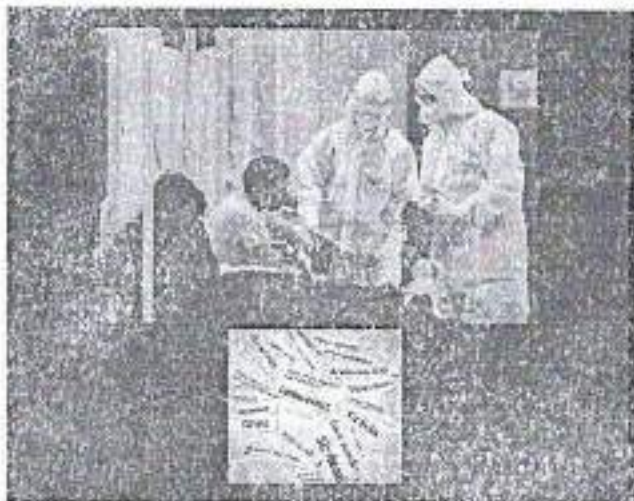
Covid Awareness

Event 1: Covid Awareness Skit

Date: 7th April 2021 - 11th April 2021

Number of Participants: 8

Brief of the report: Through the course of this pandemic, the volunteers took it upon themselves to make a change and to spread awareness of the COVID 19 virus and this was achieved through a skit on a covid positive household.



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Event 2: Poster/ Slogan Competition

Date: 7th April 2021 - 11th April 2021

Number of Participants: 44

Brief Report of the Event: The Volunteers made posters and slogans in order to make awareness regarding the **current covid situation**. All the volunteers had put in their artistic skills and made wonderful posters and slogans.



Event 3: Video Making

Date: 7th April 2021 - 11th April 2021

Number of Participants: 12

Brief of the report: Covid 19 has entered its 3rd calendar year, the **challenges we face seem to never end**. Active participation from the younger generations can pull our nation through a long way ahead, for which we asked our volunteers to make a video showing us ways to overcome the second wave and means to avoid the third one.



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Name of the Activity: Blood Donation Camp

Date: April 1st, 2021 (9:00 am- 5:30 pm)

No. of volunteers: 15

No. of beneficiaries: 150

Platform: Offline (Field work) **Dadar Station Description of the Activity:** The NSS unit of Sophia College in Collaboration with Jagjivan Ram Hospital and Dept. of Transfusion Medicine, Blood Bank, K.E.M Hospital organised a Blood Donation Camp at Dadar Railway Station. Our volunteers joined the camp and assisted the professionals to set up and manage the activities in the camp to collect a total of 125 units of blood and later send it to the Blood Bank of K.E.M. Hospital, Parel.



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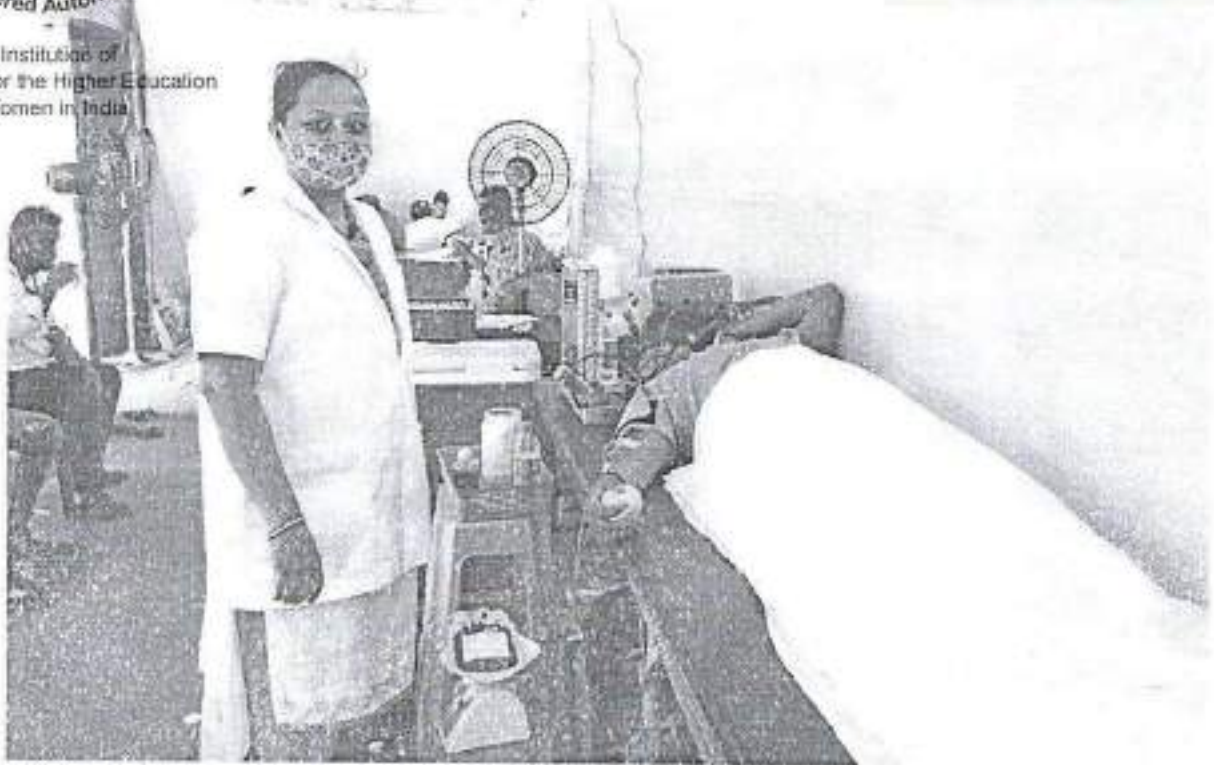
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SOPHIA COLLEGE NSS UNIT
IN COLLABORATION WITH THE
UNIVERSITY OF MUMBAI NSS CELL &
K.E.M BLOOD BANK IS ORGANISING A

BLOOD DONATION CAMP

A GIFT STRAIGHT FROM YOUR HEART

DATE: 1st April, 2021.
TIME : 9:30 am - 5:30pm
VENUE: Dadar Railway Station



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Event : Tree Plantation Project

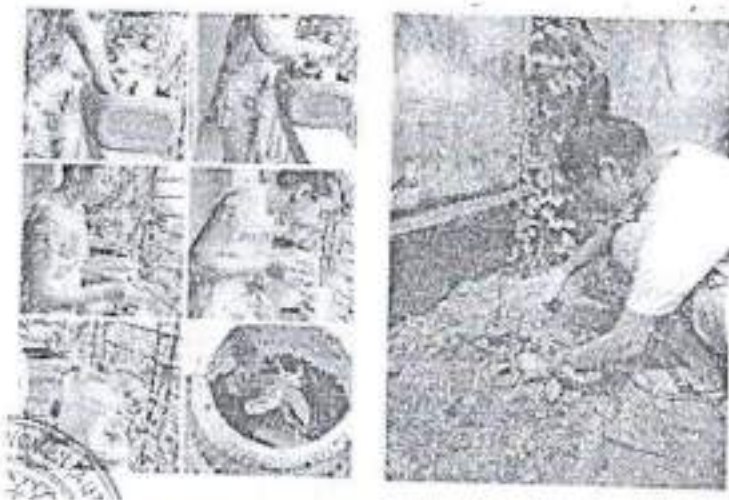
Date: 14th July to 28th July, 2020

Number of Volunteers: 6

No. of Hours: 1 hour for 2 saplings

Type of Hours: Area

Brief report of the event: The 15 day tree plantation activity was held on the occasion of the World Nature and Conservation Day. Participants planted seeds and saplings in their homes to promote a healthier lifestyle and environment. This was their contribution towards the conservation of nature. They planted 46 plants which are as follows - Spinach (2), Coriander, Lady Finger, Tulsi (6), Orange periwinkle (12), Mehendi, Rose (2), Papaya (4), Betel leaf, Date palm, Periwinkle, Moss Rose, Arabian Jasmine, A Flower, Guava (2), Areca Palm (3), Butterfly pea, Chilli, Ginger, Turmeric, Curry leaves and Lily.



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Name of the event: Awareness on COVID 19 through Social Media

Date: 23rd - 28th April 2020

Number of Volunteers: 14

Number of Beneficiaries: 14

Type of Hours: Area



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Brief report of the event: The volunteers made posters and videos related to the topic and posted them on their social media accounts with the aim to spread awareness. A total of 20 posters and 2 videos were made under this activity.





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World Aids Week

Event 1: HIV/Aids Awareness Quiz Date: 4th December - 6th December 2020

Number of Volunteers: 126

Number of Beneficiaries: 126

Brief report of the event: The event was aimed at spreading awareness about HIV/AIDS. The quiz helped the participants know how much knowledge they had on the topic and helped them learn more about the topic.

Event 2: Slogan Writing Competition

Date: 4th December - 6th December 2020

Number of Volunteers: 11

Number of Beneficiaries: 11

Brief report of the event: The participants were asked to get creative with their words and come up with slogans to help debunk and educate on the topics of HIV/Aids.

Event 3: Poster Making Competition

Date: 4th December - 6th December 2020

Number of Volunteers: 10

Number of Beneficiaries: 10

Brief report of the event: This event aimed at spreading awareness and to put a stop to the harmful stereotyping of the illness and educate people through thought provoking posters.

Event 4: HIV/Aids and The Fallacies around it

Date: 4th December - 6th December 2020

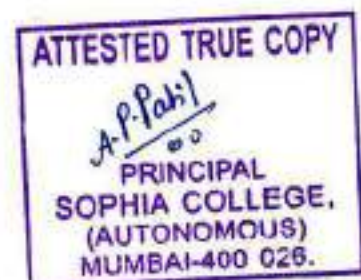
Number of Volunteers: 79

Number of Beneficiaries: 79

Brief report of the event: This event was conducted to increase the knowledge about the topic while at the same time dismiss any misinformation the participants may have. They were also asked to suggest methods by which the persisting myths could be debunked.



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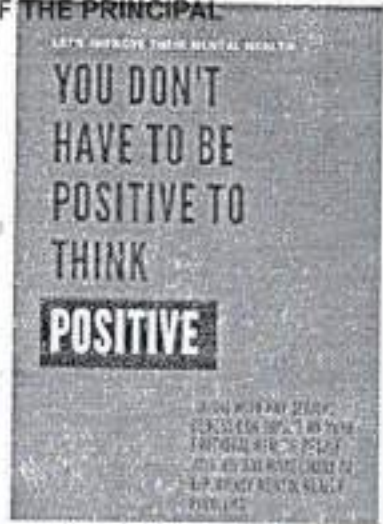




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SIGMA REPORT (2020-2021)

Hydroponics

Date: 18th January 2021

Timings: 5:00 PM

Venue: Google Meet

Total Number of Participants: 82

Duration: 1 hour

WE FARM, an organization run by 10 people from different corners of the country came together with Sigma for an insightful event which surrounded the topic of Hydroponics. Led by Tulza Kakde, also the Junior executive of Sigma, the event was divided into 3 sections. Starting with an introduction then the main gist of the organization was to spread awareness about different agricultural methods and finally a question and answer section where the audience was given time to ask any questions if they have any. For a clearer understanding, a PPT and a set of questions were also prepared to make the event more interesting and interactive.

WE FARM was formed at IIT Delhi when a bunch of students was given a task to come with ideas that can solve the farmer's problems, and hence they came up with the idea of Hydroponics. Since that day the team has been working on spreading the word about the same. They also have a plant setup in Vishakhapatnam Andhra Pradesh and is looked after by the teammates only.

The event covered everything one needs to know about hydroponics which ranged from talking about the texture of soil to the nutrition it might need depending on the surrounding in which the plant is sustaining.





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IRC CLUB REPORT (2020-21)

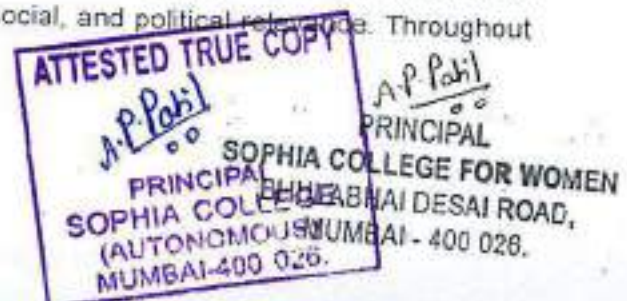
The International Relations Club is a club that believes in critiquing, analysing, and understanding current affairs across the globe. On campus we help create spaces for relevant discussions on international social, political, and economic issues, bringing in scholars, practitioners, and activists to encourage student involvement in IR. Through this we focus on fostering a well-rounded understanding of global issues and an attuned sense of political consciousness, all while making news more accessible and interactive. The club, thus, encourages discussion, disagreement, and debate over topics of international intrigue, promoting an atmosphere of learning through diplomacy.

The club has also, over the years, published its flagship feature - a yearly newsletter titled Akhbaar - highlighting important moments in politics, public policy, world economics, and pop culture. In 2020 we have adapted the concept of Akhbaar to social media, posting a bi-weekly news update titled Mid-Day Akhbaar, along with a number of weekly social media campaigns.

Our theme for the year 2020-21 was #FactOverFiction, focusing on combating misinformation and fake news with well-researched political arguments, especially during the COVID-19 pandemic. While IRC held multiple events over the course of the year, a few, in particular, stand out.

One among those was IRC's first event 'That's On Period (t) - An event on Period Poverty'; a panel discussion on Period Poverty, covering Indian and international perspectives with a special focus on the issue amidst the Covid-19 pandemic. The panel featured speakers from Mumbai, New Delhi, Cleveland, and Toronto.

Another occurrence of importance was IRC's recurring event series titled 'विवाद: 100% Unadulterated Discourse' which focused on encouraging debate and discussion amongst students on topics of economic, social, and political relevance. Throughout



the course of the year the IRC team brought in a number of guest moderators to overlook a विवाद on the topics of Protectionism & Welfare, The State of Indian News Media, and The Indian Farm Acts of 2020.

IRC also held numerous seminars and panel discussions this year, albeit virtually via Zoom. Some of the highlights were the seminars on the Transgender Persons (Protection of Rights) Act, 2019, also titled '**The Trans Act Takeback**', and the seminar on 'The Impact of the Partition of 1947 on South Asian Relations'. The former featured trans rights lawyer, Adv. Ankan Biswas; social activist, Rachana Mudraboyina; and, HUMSAFAR Trust Advocacy Officer and Recruiter Coordinator, Anjali Siroya. The latter featured esteemed professors from Jawaharlal Nehru University and Wilson College.

This year was also quite a fruitful year in terms of club collaborations. In the month of November, IRC collaborated with six Sophia College clubs. Five of these collaborations were made under the umbrella event of 'The Art of Political Expression,' which aimed at highlighting the intersection between art and politics. The IRC team collaborated with the English Literary Society, Art & Design Club, World Music & Dance Club, Sophia College English Dramatics Association, and Photography Society, to create content for social media based on each of their niche interests.

The final collaboration was with the Sophia Queer Collective, a branch of the Students' Social Reforms Initiative, on 'The Trans Act Takeback'.

Due to the pandemic, a lot of IRC's poster work was translated into Instagram infographics. The IRC team worked very hard over the course of the academic terms, posting content under the following five categories:

- General Editorial - News Reports/Current Affairs/Feature Articles which adopt a strictly neutral tone; reflective of IRC.
- #TheBreakdown - A recurrent campaign focusing on political events that have arisen in modern times in a detailed manner without resorting to oversimplification or overlooking important facts. This campaign acquaints people details and serves as an incentive to research these issues on their own.



- #InTheFrame - A campaign discussing and recommending movies with plots centered around consequential events, set in time periods of significant political events or that are "culturally, historically, or aesthetically significant"

- #HistoryRevisited - A recurrent campaign breaking down historical events which also may have modern-day implications in a detailed manner by highlighting perspectives of all possible stakeholders.

- #ForTheCulture - A campaign highlighting pop culture references which may or may not have any political background.

By the end of the year, the club had an established social media presence, making news and information easily accessible to their followers.

Throughout the course of this year, the International Relations Club crossed heights it had never before reached. The lack of geographic limitations brought in international panelists and speakers from across India, setting a new quality standard with regard to discussion and experience. All in all, this has been one successful year for the club. And from here on out, we hope that it will only get better.



Dr Sr Ananda Amritmahal
Principal

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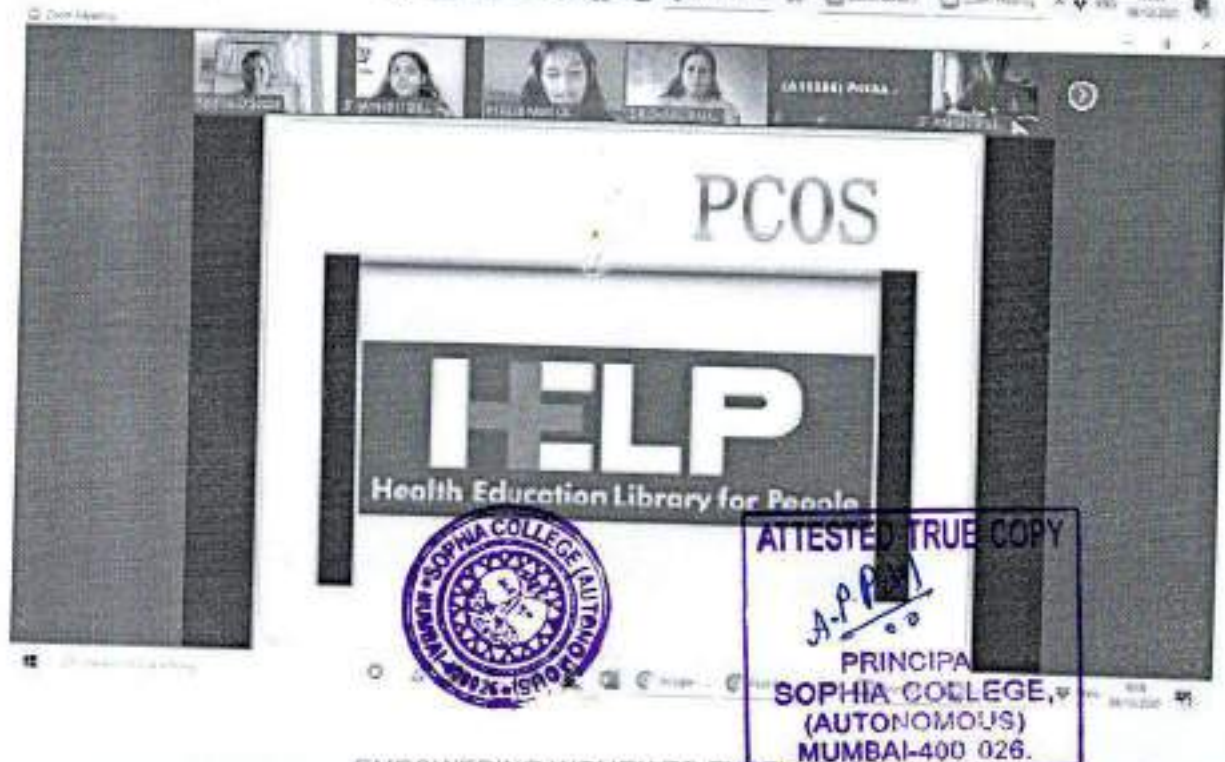
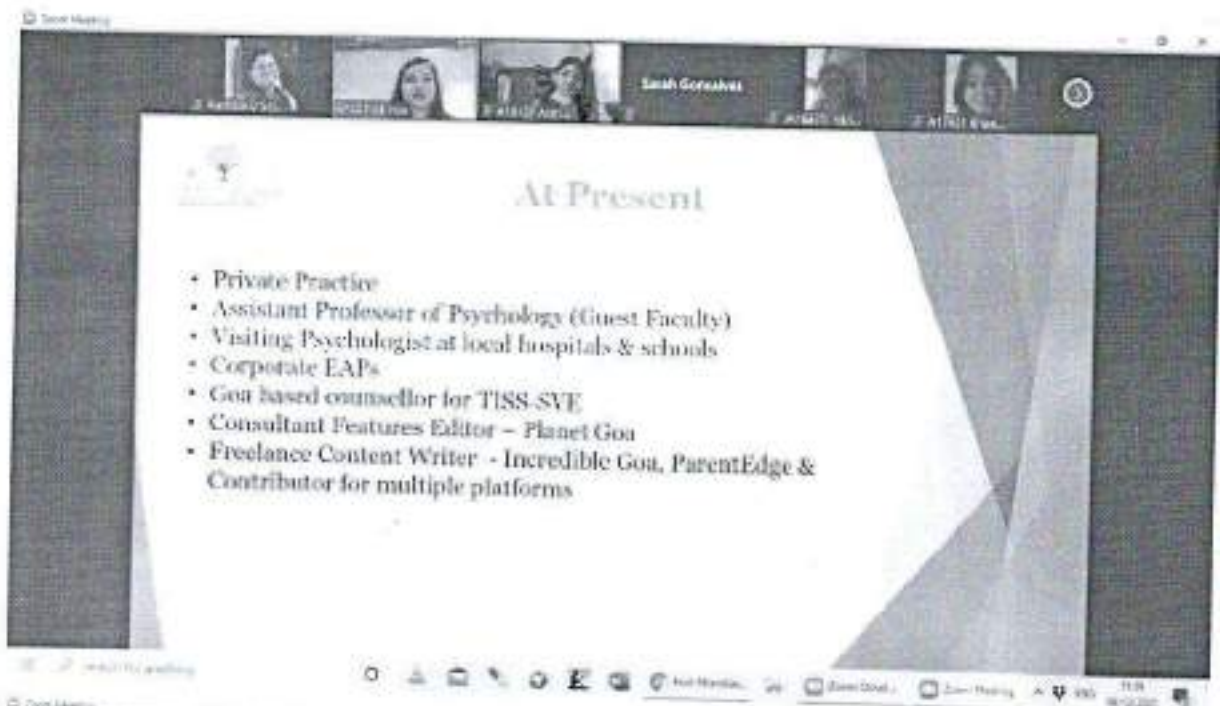
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PCOD's & Hormonal Disorders in Teenagers Department of Psychology

A session was organized for the SYBA class on 8th December 2020 with the Gynecologist Dr. Charu Baheti who presented the Topic of PCOD's extensively and also clarified the impact of hormonal disorders among teenagers. She also answered queries about the safety of using contraceptive measures and its impact on the women's body. Approximately 120 students participated.





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Department of Psychology

MENTAL HEALTH AMIDST THE NEW NORMAL
Ms. PRIYANKA DALVI, TATA INSTITUTE OF SOCIAL SCIENCES (TISS)
28TH JANUARY, 2021.

The session on the of 28th January 2021, titled as “Mental Health amidst the New Normal” was conducted by Priyanka Dalvi, a training coordinator for a field action project of the Tata Institute of Social Sciences (TISS) named Tarasha, along with her, we were joined by Tarasha’s project manager Ashwini Survase and their social worker, Ayushi Srivatsav. The Dean of School of Social Work, TISS Mumbai, Shubada Maitra who is an alumnus of Sophia College initiated the project which pioneers in mainstreaming, destigmatizing and normalizing mental health thus creating a safe environment for conversations around mental health. They have extensively worked with institutionalized women, clients in the Thane Hospital since 2011 and also have been a steady support in propagating a dialogue on mental health in colleges. Apart from proliferating awareness they also conduct training workshops for caregivers of people with mental health issues and within the corporate sector to sensitize people to be embracive of mental ill-health.

The session which was conducted elucidated acknowledging mental ill-health, the urgency to quantify this abstract concept and not to underestimate or neglect it. While the changes in the brain are perceptible, the mind becomes a forsaken aspect. There were several exercises undertaken whereby we were asked to be cognizant of our thoughts, emotions, and the subsequent actions undertaken during times of comfort and distress. The “Cognitive Triad” as called focused upon labelling emotions while experiencing them. Any severe dysfunction experienced within these faculties could only, thus, be termed as mental illness. We were informed further of perceiving the continuum of mental ill-health and wellbeing- emotions ranging from hopelessness, to resilience, pervasive sadness to resourcefulness, or withdrawal to socially engaging and being active. We were also tutored to understand emotions and to experience them unabashedly, to be wary of toxic positivity and to be comfortable with silence.

As explained during the workshop, it takes one to be tremendously observant to notice incidental changes, to listen more, and to simply check in on your loved ones. A sense of clarity was provided in terms of distinguishing the urgency and at the same time not to trivialize mental health as seen frequently on different social media sites. We were further enlightened on topics





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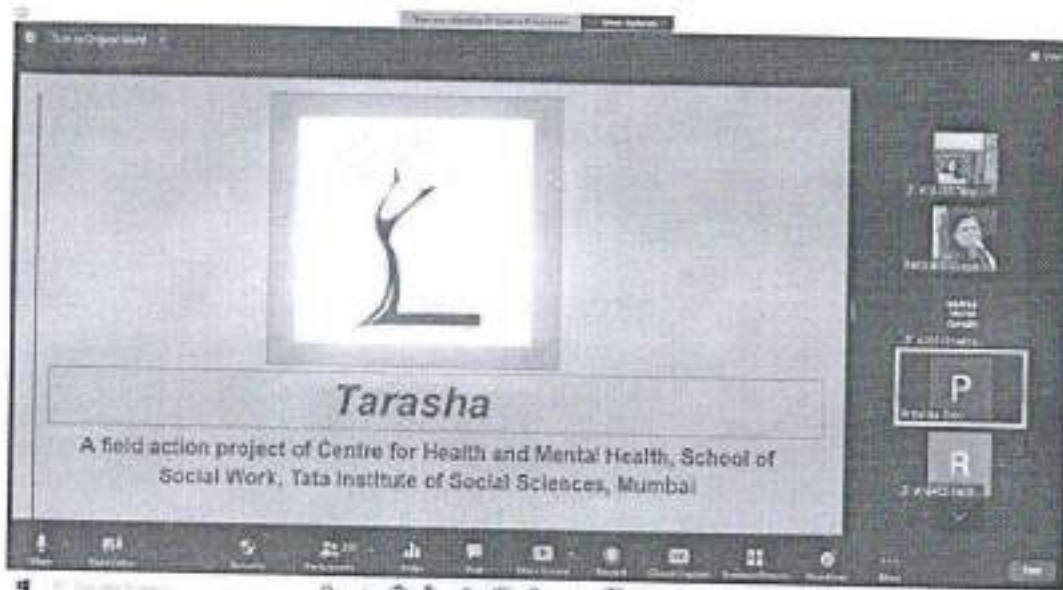
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ranging from asserting our boundaries within social circles and most importantly to liberate ourselves from the subsequent guilt which follows due to unfortunate conditioning. While an open discourse on mental health was available, a highly prospective topic of relapse was recognized, along with the exceptionally common myths prevailing around mental health which were also addressed.

Healthy coping mechanisms, while noting personal growth, creating a window of tolerance, self care in terms of physical, emotional, personal/ intellectual, social and spiritual health was stressed upon, alongside, creating a robust personal support system, being mindful of your boundaries, and limitations were also highlighted. Introspection in terms of our acts, celebrating small mental health achievements, to compare issues which are “emotion-focused” and “problem-focused” were also dealt with.

It was a thoroughly enlightening and an engaging session. Those two hours were brimmed with relatable memes, info-graphic slides, incredibly active participants, and a tremendous amount of sensitivity to mental health. The mental health milieu in India seems to be dignified and thriving due to the collective efforts to nurture, made by such noble projects to uproot myths and to destigmatize mental ill-health. There were around 296 participants in this session.



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Nasha Mukta Bharat Abhiyan

(Cumulative report 15-22 February 2021)

(Department of Foundation course & Department of Psychology)

Sophia College (Autonomous), Mumbai

Nash Mukta Bharat Abhiyan was organised at the FC level for FY & SY BA & BSC students from 15-22nd February 2021. 500 students actively participated in the awareness campaign along with their respective FC teachers. The following classes organised activities as part of the campaign: FYBA Div. 1,2,3, &4 & FYBSc, SYBA Div.3 & SYBSc. The following activities were conducted and presented online via zoom:

1. Watching of Short films and Group Discussions on Short Film – Mirror Never Lies
2. Watching of Short films and Group Discussions on Short Film – David
3. Watching of Short films and Group Discussions on Short Film – Addiction
4. Watching of Short films and Group Discussions on Short Film – Drugs
5. Watching of Short films and Group Discussions on A Day in the Life of a Heroin Addict
6. Presentations of reports by Students on Drug addiction awareness.
7. Watching the Talk named: TedTalk
8. Poster presentation by Harshi Panchmatia
9. Google Classroom working assignment on Nash Mukta Bharat
10. Poster presentations & Discussions on Nash Mukta Bharat by BSc students
11. Drug awareness presentation by students.





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DEPARTMENT OF HINDI (2020-2021)



Dr. Sumanika Sethi

For Stree Darpan to speak on Dharmavir Bharati on their live online platforms on 25-12-20

https://m.facebook.com/watch/live/?ref=watch_permalink&v=10159227282471079&paipv=0&eav=Afb_V6AThejmnP3cPkWFiqB6ngdrXxF2UllpinQfg32evi5xKoWrhzTngHuxQbltZ_g&_rdr

For Chintandisha to speak on Fanishwarnath Renu on their live online platforms on 19-06-21

https://m.facebook.com/watch/live/?ref=watch_permalink&v=255125173079090&paipv=0&eav=Afa6aG-S6xtczClo5T5n3NAPZvld6W0QwQbiZin28hgUXxNUHslkNe1Q0&_rdr



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GUEST LECTURE REPORT DEPARTMENT OF SOCIOLOGY

On March 1st, 2021, the department of Sociology conducted its first guest lecture. The resource person was Ms. Priya Goswami- an activist, independent movie maker and the CEO and founder of Sahio and Mumkin. The talk was divided into 2 sessions, one at 11 am and the then at 2 pm. Both sessions had an average of 70 attendees each. The theme of the session was 'Understanding Gender and Sociology through Digital Activism and Stories'. Over the course of the talk, there were several subjects discussed under the purview of the theme.

Ms. Goswami spoke about the need and importance of conversation and more importantly the need of a safe space to have these conversations. We also touched upon discussing the challenges of learning and unlearning during her journey.

She further talked about how her AI – based application 'Mumkin' makes it possible to start conversing about sensitive topics. Her talk was extenuated by a well thought out presentation, which used colours and formats with the basic intension to make uncomfortable conversations seem visually appealing and normal to a certain extent. She spoke about the need to ensure that while making a conversation on anything that is triggering, you need to give a warning before initiating it.

Furthermore, she stressed upon other important aspects of effective communication so as to have a fruitful conversation with a person. She lays emphasis on how different opinions need to be tackled in a conversation and how values such as empathy play a big role in the same. We also discussed about how deep – rooted a person's beliefs are and how hard it is to question and change them.

The second session started off with her talking about the importance of Artificial Intelligence in general as well as specifically for Mumkin. She further went on to describe how her background of media had come in handy while she worked on the creatives of the application. She emphasised on usage of pastel and earthy hues for illustrations while talking about topics such as Female Genital Mutilation and the strong psychological impacts these colours and the illustrations have on the minds of the consumers.



2021-2022





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Name of the event: Women's Day Blood donation camp

Date: 8th March 2022

Venue: Sophia College Bhabha Hall Foyer

Time: 9:00 am to 4:00 pm

No. of Participants: 32

Brief report of the event: On the occasion of Women's Day the NSS Unit of Sophia College conducted a Blood Donation Drive at Sophia College in association with Tata Memorial Hospital and sponsored by Nitin Indira-Vishnu Kadam Trend Setters. The camp was organised by all girls and was visited by Honourable MP Ms. Supriya Sule. In an effort to make people understand the importance of donating blood, the NSS Volunteers conducted an awareness drive and visited multiple locations like Private banks, Police stations, buildings and housing complexes, colleges, salons, etc to gather attention towards the cause. In these tough times the NSS volunteers received a good response from the general public and a total of 100 donors were tested out of which 64 were deferred and 36 people were able to successfully donate blood.




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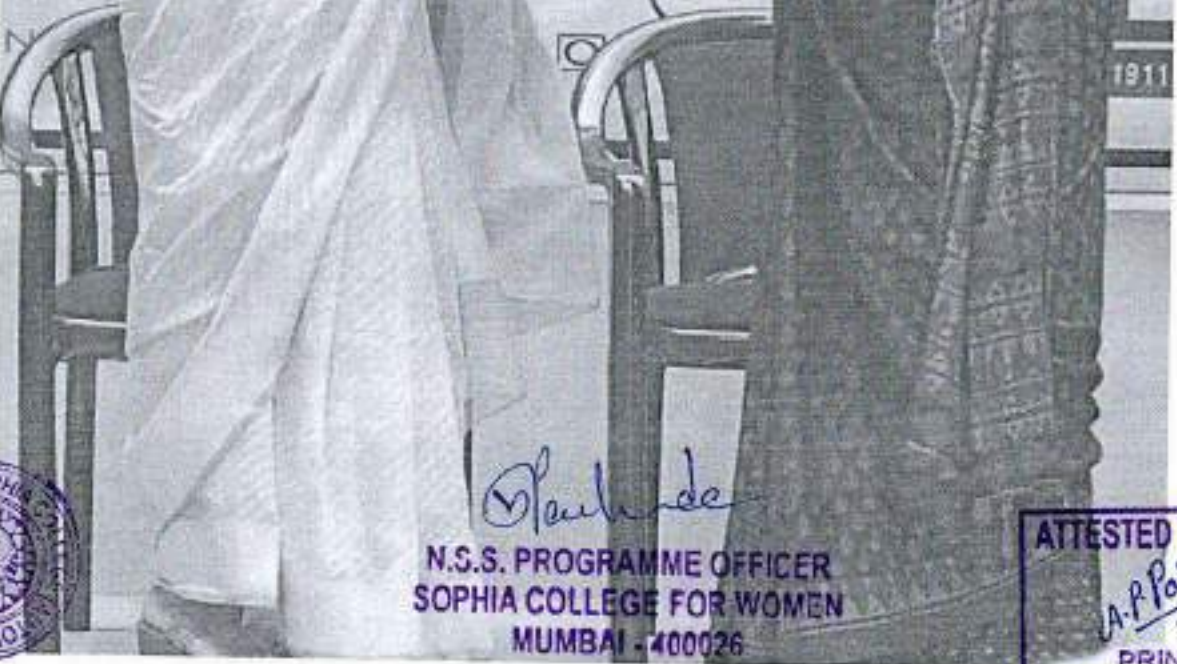
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Name of the Event: Tree Plantation

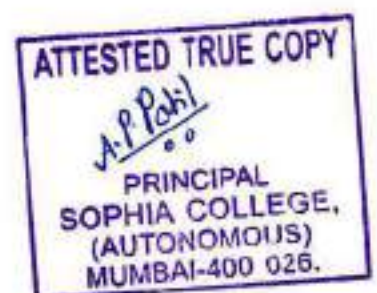
Date: 22/07/21 to 31/07/2021

Number of Participants: 38 - 120 saplings planted

Brief report of the event: The Tree Plantation Drive was an initiative taken up by our volunteers to do our bit to give back to Nature. Volunteers planted many kinds of saplings ranging from Tulsi, Tomato, Neem and many more. The volunteers vowed to take care of these saplings. They are required to mail us updates of their plants bi-monthly.



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CANCER AWARENESS ACTIVITIES: Quiz and illustration competition

Name: Cancer awareness Quiz and illustration/poster making competition

Date: 6-9 November, 2021

Date of quiz competition: 7 November, 2021

Number of participants: 110

Brief Report: The cancer awareness quiz competition and an illustration/poster making competition was organized by the NSS Unit of Sophia College from 6th to 9th November, 2021 to spread awareness about Cancer. The google form for the quiz competition held on the 7th contained 20 basic questions about Cancer. The participants were required to fill up their details on the first page and were required to answer the questions presented to them in a MCQ-format. The volunteers were required to fill their details and submit their artwork on a google form provided to them.



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Report: Menstrual Awareness Activities

Name: Two Truths and a Lie

Date: 22nd- 28th Feb, 2022

No. of volunteers: 89

Brief report:

The NSS Unit organised 'Two truths and a Lie' under the Menstrual Awareness Activities. It was a quiz based activity, where there were three statements about menstruation, two truths and one was a lie. The volunteers had to pick out the lie. The aim for the quiz was to dispel the many myths we have heard. The quiz included 15 questions. 89 Volunteers attempted the quiz and most people scored more than 80%.

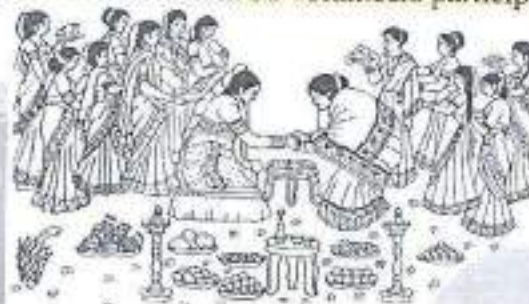


Name: Illustration

Date: 22nd- 28th Feb, 2022

Brief report

The NSS Unit organised 'Illustrations' under the Menstrual Awareness Activities. The volunteers were required to make an illustration on how different cultures celebrate the first menstrual cycle of young women as a way to counter the taboo against menstruation. 38 volunteers participated.



It is Raza Festival.....Let's talk about period

Name: Composition

Date: 22nd- 28th Feb, 2022



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Brief report

The NSS Unit organised 'Composition' under the Menstrual Awareness Activities. The activity required the volunteers to write down their experience as a menstruating individual through writing (essay/poem/story). 29 volunteers participated in the event, who wrote beautifully about their experiences and how menstruation has influenced their life.

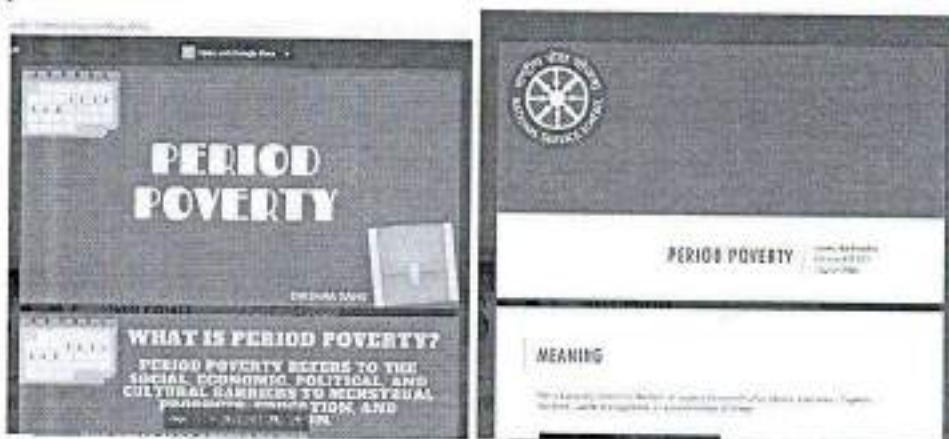


Name: Present It

Date: 22nd- 28th Feb, 2022

Brief report

The NSS Unit organised 'Present It' under the Menstrual Awareness Activities. Period Poverty is a huge issue and requires a lot of awareness, so to initiate conversation around the topic, the volunteers had to make a PowerPoint presentation on this topic. 32 volunteers participated and created informative presentations.



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Name of the event: Shark Tank

Date: 22nd- 28th Feb, 2022

Brief report

The NSS Unit organised 'Shark Tank' under the Menstrual Awareness Activities. Like the TV series Shark Tank, the volunteers had to create a video pitch, but instead of a brand they had to promote



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'sustainable menstrual products'. 6 volunteers participated and creatively tried to promote the sustainable products.



Name: Article

Date: 22nd- 28th Feb, 2022

Brief report

The NSS Unit organised 'Article Writing' under the Menstrual Awareness Activities. The volunteers were given the task to learn about the 'Importance of Menstrual Hygiene' and write an article on the topic. 25 Volunteers participated.



Name Of the event: Caption It

Date: 22nd- 28th Feb, 2022

Brief report

The NSS Unit organised 'Caption It' under the Menstrual Awareness Activities. The volunteers were asked to think of an appropriate caption/tagline for a poster on the various menstrual myths around the world. 47 volunteers participated in the activity and gave unique captions for the poster.



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Name of the event: Covid Awareness Campaign - Survey

Total number of participants: 19

Number of beneficiaries: 405

Date: 4th to 14th August 2021

Brief report of the event: A survey on Covid-19 Vaccine Awareness was conducted by the NSS Unit of Sophia College. Our NSS volunteers stepped out of their homes and surveyed 15 - 25 families. While taking all precautions, a total of 15 questions were asked to every family who participated in this survey.



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Name of the event: Picture with your Girl Child (International Women's Day Celebration).

Date: 22nd to 27th January, 2022

Number of participants: 30

Brief report: On the occasion of National Girl Child Day, the NSS Unit of Sophia College organized an online submission based event for all the volunteers and the staff of our college. For this event, everyone was requested to click a picture with a supportive family member and tell us about their experience as growing up/ raising a girl child, in writing.



My daughters help me a lot in all my work. She is very intelligent and makes me proud by showing her understanding. Daughters give fragrance to my home and courtyard. Truly mother's life is incomplete without Daughter.

हिन्दी साहित्य की सुनोमिद संशोधन कृष्ण सोमनी जी से साहो कथा है कि-
बेटों के पैर छोड़ो
हो नो सदाबोधी हो जाओ।
रह करी नहीं मरती।
हो उठती है वह निरंतर।
रह आता है
कहा भी खोने,
मैं से बेटों तक।
बेटों से उलकी बेटों,
उसकी बेटों से -बै अलसी बेटों।
अलसी से भी अलसी।
करी सुने का खोने है।

Raising a child is difficult job for any parent but raising a strong independent girl is even more difficult. I remember holding my little baby for the first time, it was a magical moment! And from there, we have come a long way. I always taught her what's right and what's wrong. I supported her decisions, encouraged her to pursue a career and loved her more than myself. I'm not just her father but also her best friend. Today, when I look at her I feel so proud that I have raised a strong, wise and beautiful daughter.

My daughter is my support... she reminds me of my childhood... her presence reminds me the gratitude I owe to my parents and my mother especially... I am thankful to God for her presence in my life

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Name of the event - Street Dog Project

Date - 12th - 20th November

Number of participants: 26

Brief report of the event - The street dog project commenced for a week from 12th nov - 20th November. Volunteers were given 3 activities, in which they could have a choice to do any one. The first activity was to feed the dogs in their locality and keep fresh water for them. The second activity was to make a collar for the street dogs with their own creativity. The final activity was to make an awareness video about street dogs and post it on their social media. This project was unique and creative and set apart from all the other Nss projects.



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Flagship: Addressing Ableism

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SSRI ACTIVITY REPORT (2021-2022)



Date: 25th February, 2022 Participants: > 60 Resource persons: Mr. Krishna Warriar and Mrunmayi Abroal The Students' Social Reforms Initiative (SSRI) held a panel discussion on addressing ableism for their flagship event of the academic year 2021-22. Often, the casual ableism people propagate and witness in their daily lives remains unacknowledged. This year, with the help of the panelists, SSRI initiated conversation surrounding disability and made our student base and peers aware about the lack of accessibility and sensitivity towards persons with disabilities. The event began with a few activities which were conducted by Mr. Krishna Warriar, who has held various training and sensitisation workshops across India. It was followed by Mrunmayi Abroal, sharing her story and lived experiences as someone who loves to travel and is a wheelchair user with the audience members. Discussions about, understanding the diverse world of disability, the way casual ableism is embedded in our everyday lives and ways of thinking, lack of accessibility and representation, ways to address ableism around us, took place. Audience members actively participated and engaged with the panelists and got an insight into the world of disability which is otherwise not spoken much about.





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SSRI ACTIVITY REPORT (2021-2022)

A Session on Generational Trauma



Date - February 28, 2022 Participants - >50 Resource person - Maitreyi Nigwekar
The Student's Social Reform Initiative (SSRI) conducted a session on
Generational Trauma with a trauma therapist Maitreyi Nigwekar as the guest
speaker. Trauma is something experienced by everyone and how negatively it
impacts the individual and their family, sometimes it even passes through the
generations. Therefore the objective was to make everyone feel comfortable and
provide insights into the various types of trauma and how to identify this cycle of
abuse and to break out of them. The participants engaged with the speaker with
their questions and the event ended on an informative and interactive note.



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2022-2023





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Event name: Cleanliness Drive

Date: 12th September to 15th September 2022

Number of volunteers: 168

Number of beneficiaries: 900

Brief report about event:

The drive consisted of quiz competitions, poster-making competitions, cleanliness monitoring, and cleanliness of the campus. The poster-making and quiz were executed with the theme of Public hygiene, Menstrual hygiene, and Stopping littering. 45 Volunteers participated in poster making and 94 volunteers participated in the quiz. Volunteers were extremely creative with their artistic abilities while making the posters and the quiz proved to be a great success because we received an overwhelming response. For the cleanliness drive, the volunteers were assigned their places of duty. Some of them were assigned to the central lawn, some to the corridors, the triangular terrace, and most importantly, to the canteen. The volunteers were asked to get their own dustbin bags to collect the garbage at their assigned areas. Along with cleaning the campus, the volunteers also monitored their areas and made sure that no one littered around, and if someone did, they made sure that they go and tell them about it, which further helped spread awareness.



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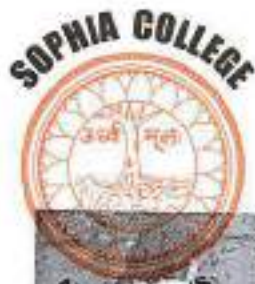


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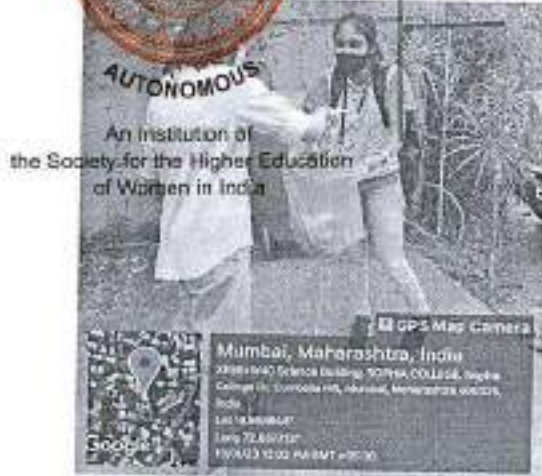
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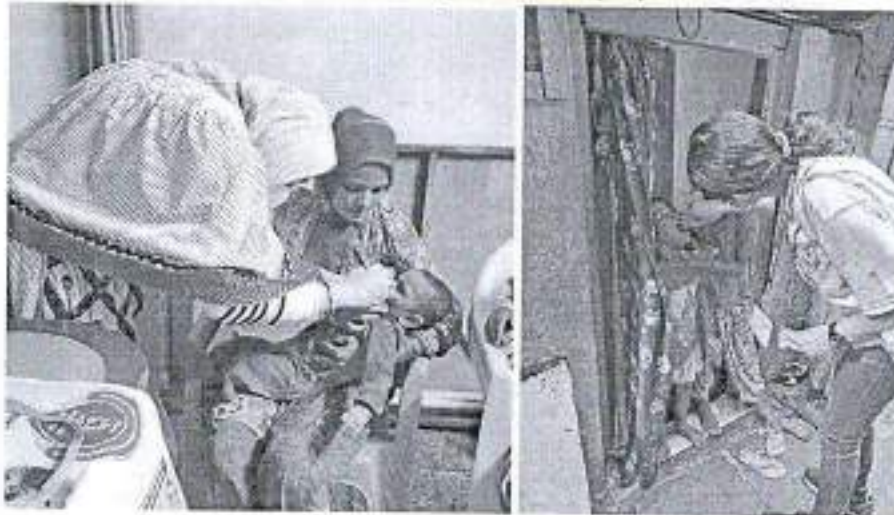
Event name: Pulse Polio

Date: 19th June 2022

Number of volunteers: 22

Number of beneficiaries: 557

Brief report about the event: On the occasion of Polio Sub-National Immunization day, the NSS Unit of Sophia College in collaboration with Bhanganga Municipal Corporation conducted a pulse polio immunization drive on 19th June 2022. The volunteers were given training in Kavale Math Municipal School from 8 AM to 9 AM. The drive started at 9 AM and lasted till 5 PM. A total of 22 NSS volunteers from Sophia college took part in the drive and successfully gave 557 children between the age of 0-5 years polio drops. Volunteers went to slum areas, clinics, schools, residential buildings, and parks so that the facility would be available to a large number of people.



P. Acharya
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Name of the Event :- Eco friendly rakhi selling with Sewa foundation

Type of Hours:- Area

Date :- 8th - 30th July 2022

Venue :- Sophia College

No. of volunteers :- 16

No. of beneficiaries :- 400

Brief Report of the Event :- The NSS Unit of Sophia College along with the Sewa Vivek Rural Development Center celebrated this Rakshabandhan with eco-friendly rakhi made by villagers from the Palghar district. A total of 202 rakhis were sold with the support and active involvement of students, teachers and staff members. The rakhis were made by the women of Palghar district. It was an initiative by the NSS Unit to support them. This event proved to be a success.

Volunteer's Response :- The Rakhi event which was organized by NSS was a great initiative and it also helped in the upliftment of tribal people. The eco-friendly rakhis were amazing. Would look for more events like this.



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Name of the event: Ganapati Immersion Duty

Type of hours: Area

Date: 4th, 5th and 9th September

Venue: Gamdevi fire station

Time: 4:30 PM - 8:30 PM

Number of volunteers: 38

Number of beneficiaries: 600

A brief report of the event:

It was for 3 days i.e. 4th, 5th, and 9th of September from Gamdevi Fire station to Wilson Junction. The timing was from 4:30-8:30 for all 3 days. There were a total of 38 volunteers who attended this duty. This duty was held out on the Ganapati Immersion days to avoid traffic on the road and prevent roadside accidents. Groups of 3 to 4 volunteers were allocated at different places. Volunteers were appreciated for their work.



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Event name: Pulse Polio

Date: 18th September

Number of volunteers: 23

Number of beneficiaries: 982

A brief report about the event: The NSS Unit of Sophia College in collaboration with BMC D-ward organized a Pulse Polio Drive on 18th September from 8:00 am to 5:00 pm. Volunteers got instructions and training at Kavale Math Municipal School before starting with the drive. Volunteers were supposed to give Polio drops to children from the age group of 0 months to 5 years. A total of 928 children got polio drops. Volunteers were stationed at different locations for the drive. The drive proved to be a hit among the volunteers and beneficiaries.



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Event name: Cancer awareness week

Date: 5th to 11th February 2023

Number of volunteers: 130

A brief report about the event: The NSS UNIT of Sophia college celebrated "Cancer Awareness Week" in full zeal. We organized a series of events to spread awareness regarding cancer starting on the 4th of February. The events included an awareness quiz, preparing cards for patients, a cancer awareness walk, Social Media support, poster making, and a Fitness challenge. An awareness walk was conducted at Nariman point on 5th February. While walking volunteers engaged in a fun conversation with people at Nariman point by asking them questions related to cancer and cancer awareness day. Through mediums like Instagram and WhatsApp volunteers put up a story or a status which were viewed by hundreds of people.



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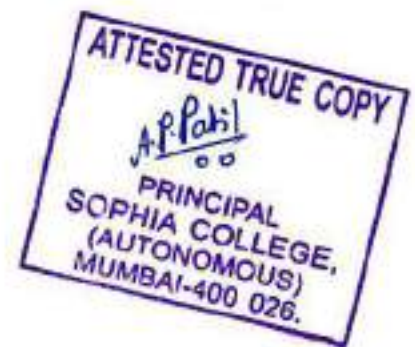
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SSRI ACTIVITY REPORT (2022-2023)

Our second event of the year was **The Best of KASHISH: A Queer Film Festival** organized by our staff-in-charge in collaboration with the departments of Education and Hindi on 21st of January, 2023. The film festival showcased a selection of 7 short films centered around queer struggles. The event was also attended by the festival director, Mr Sridhar Rangayan and the directors of two of the selected short films. The event had around 80 participants, each screening was followed by a question answer session and active discussion at the end of the screenings.





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ROTARACT REPORT (2022-2023)

Name of the event : Project Sahasee

Date: 8th September, 2022

Time: 3:00 pm

Venue: Aarey Colony, Unit 32, Goregaon East

No. of participants: 7

A joint project with Rotaract Club of Balasaheb Apte College of Law. An IVF treatment awareness drive for the women who suffer infertility and are from underprivileged backgrounds and also created awareness about the same. Dr. Vishesha Yadav, a consultant at Gynaecworld - A Fertility Center for Women, was invited to join us for the awareness drive. Other than IVF, Dr Vishesha also explained about PCOS, menstrual cycles, and general women's health. Many of the ladies had one-on-one conversations with the doctor and asked her questions in order to allay their worries.

Impacts: Assisting in attempts to secure women's right to inclusive treatment across caste and class boundaries.

It is well-known that female infertility has a detrimental impact on the country's economy and women's capacity to engage in the job market. Our initiatives will contribute to raising awareness of alternative treatment choices for women.

Link for Pictures:

<https://drive.google.com/drive/u/2/folders/1IfNufU3b9f4vHEzWDGA1Xqi4WMJLkDF1>

Rtr. Srishti Chawla

President 2022-2023

Rotaract Club of Sophia College for Women





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ROTARACT REPORT (2022-2023)

Name of the event : Let's Talk about IT

Date: 1st December, 2022

Time: 5:00 pm

Venue: Google meet

No. of participants: 43

Event Name :Let's Talk ABOUT IT - World AIDS Day - 1st December, 2022 A Sex Education talk by our very own guest speaker Ms. Pallavi Barnwal. She spoke about a variety of her personal experiences, focusing on each aspect of every topic, such as boundaries—when to say no to someone—challenges encountered, the dos and don'ts, why sex education is still not provided to young people in sufficient amounts, genital shame, contraceptives and diseases like STDs, AIDs, and HIV—as well as safety measures. She also provided a real-world illustration of emotional attitude and behavior through dialogues, which was quite easy to understand. She even helped us understand that trust and safety are two distinct concepts.

Impacts : Positive outcomes of sexuality education include increased knowledge and improved attitudes among young people toward sexual and reproductive health and behaviors. Additionally aids in understanding all sexually transmitted diseases like HIV, STD and AIDS. Presents sexuality with a positive approach. To prevent and counteract sexual abuse of children, sexual violence, and sexual exploitation, sexuality education is crucial.

Link for Pictures:

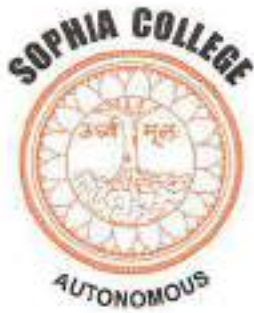
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ROTARACT REPORT (2022-2023)

Name of the event : The Butterfly Effect

Date: 10th February, 2023

Time: 12:15 pm

Venue: Outside Wilson college, Girgaon Chowpatty

Charges: 250 rupees

No. of participants: 22

It was a collaborative project, a charity drive aimed at distributing snack boxes and water to people in need outside Wilson college whilst also trying to spread happiness among the community.

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ROTARACT REPORT (2022-2023)

Name of the event : Shiksha

Date: 1st February, 2023

Time: 3:30 pm

Venue: Balaram street Municipal school, grant road

Charges: 440 Rupees

No.of participants: 9

The purpose of the event was to impart broad information to young children and to emphasize the significance of education day. Also to honor the contribution that education makes to world peace and development.

Impacts : By playing games and learning while doing so, they are able to increase their general knowledge in a variety of entertaining ways. Students learn about the value of education and how it will benefit them in the future. Celebrating education day makes the students realize education can be obtained in various fun ways as well.

Link for Pictures:

<https://drive.google.com/drive/u/2/folders/1BamT7zoCxFAQ3tVzFyGikHhadN8E5Wfdj>

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NATURE CLUB REPORT

2022-2023

NAME OF THE EVENT: Beach Cleanup Drive

START TIME AND END TIME OF THE EVENT: 16 th January, 2023

8:30 A.M. - 10:15 A.M.

PLATFORM: Girgaum Chowpatty

Beach CHARGES: N.A.

TURNOUT: 103 participants

SUMMARY OF THE EVENT: The Nature Club in collaboration with Change is Us (CIU) and Sigma Club conducted a Beach Cleanup Drive to take action and to bring a change in the currently declining status of aquatic life. General instructions about attendance, how to collect the trash, where to deposit it, etc, were given. Once the instructions were given, the participants very carefully and diligently started with their cleaning, collecting the waste and depositing it near the flag posts set up specifically for the waste deposition. Since it was difficult to take out bigger pieces of trash like clothes and bags, several people had come together to help.

Through the drive, approximately 3 tonnes of waste was collected in total which was quite remarkable. The event was wrapped up with taking attendance and a group photo with all the people present for the drive. Despite the exhaustion, the drive was a huge hit amongst the participants and they even wanted to do such drives on a monthly basis.





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DEPARTMENT OF CHEMISTRY

ANNAYA 2023

Activity: FOOD FESTIVAL "ZAIKA"

The department of Chemistry had organized a Food festival titled "ZAIKA" on Saturday 11th February, 2023 in the canteen extension from 10.30am to 1.00pm as a part of ANNAYA 2022-23.

The event was open to all Sophia college students. The participants had set up food stalls; the food items were made by the students from home and sold. The profit generated from each stall was handed over to the department of chemistry which will be donated to an NGO. The students also had put up nutritional details about the food items prepared. A variety of food and drinks were prepared.

The food festival was designed keeping in mind the theme of the college "Recover Discover Empower". It gave a chance to the students to discover their hidden talents of cooking and also to understand the nutritional value of the food/drinks we are consuming on a daily basis. It empowered them with entrepreneur skills as they had to do an inventory of what will be their investment, how many plates they will prepare and at what rate they should sell it to get profit.

There were 12 stalls in total and 42 students participated in the event. A collection of Rs. 4725/- done which has been handed over to the department for donation to an NGO.

P. Shetty

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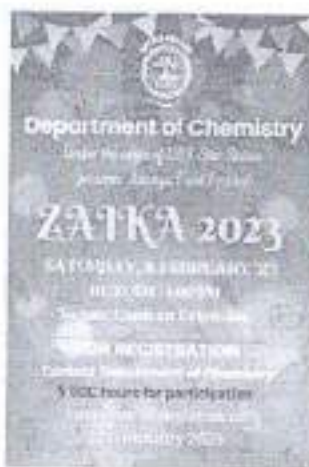
Name of the Department: Chemistry

Title of the Activity: Ananya Event: Food Fest - Zaika

Objectives:

- Highlight the rich culinary traditions of India, showcasing regional diversity.
- Provide a platform for students to showcase their talents and offerings.
- Empowered them with entrepreneurship skills as they had to do an inventory of what will be their investment, how many plates they will prepare and at what rate they should sell it to get profit.

Flyer:



List of participants with class:

Roll No.	Name	Class
P2080	Shri. Nandini Jadhav	M.Sc II
P2147	Shri. Rishi V.	
P2089	Shri. Chaitan Nandani	
P2146	Shri. Anant Mangar	
P2145	Shri. Anant	
P2144	Shri. Anant	
P2143	Shri. Anant	
P2142	Shri. Anant	
P2141	Shri. Anant	
P2140	Shri. Anant	

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P2001	Surya Bharti Joshi	M.Sc.
P2002	Kaja Manoj Patil	
P2003	Mary Annas Sabharwal	
P2004	Terrence Paul	
P2005	Ramesh Babu Barwad	
P2006	Saharbhau Chakrabarti	
P2007	Vijay Kumar Shrivastava	
A2001	Sudha Rao	Ph.D.
A2002	Manoj Shinde	
A2003	Arjun Rao	
A2004	Vijay Rao	
A2005	Vijay Shinde	
A2006	Mahesh Chandra	
A2007	Abha Joshi	
A2008	Abha Joshi	
A2009	Rishi Sharma	
A2010	Jayashree Singh	
A2011	Kavita Mehta	
A2012	Priyanka Mehta	
A2013	Manoj Joshi	
A2014	Madhura Joshi	
A2015	Pratik Joshi	Ph.D.
A2016	Pratik Joshi	
A2017	Pratik Joshi	
A2018	Pratik Joshi	
A2019	Pratik Joshi	
A2020	Pratik Joshi	
A2021	Pratik Joshi	
A2022	Pratik Joshi	
A2023	Pratik Joshi	
A2024	Pratik Joshi	

P. Shetty
DEPARTMENT OF CHEMISTRY
SOPHIA COLLEGE (AUTONOMOUS)
BHULABHAI DESAI ROAD



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Names/list of teachers involved: Dr. Pralika Shetty, Dr. Srishaa Murthy, Ms. Tanaz Asha, Sr. Rajani Khundagale, Ms. Lynelle Jesus, Dr. Anuja Singh, Ms. Payal Mania, Ms. Ishu Kalwar.

Description:

The participants had set up food stalls; the food items were made by the students from home and sold. The profit generated from each stall was handed over to the department of chemistry which will be donated to an NGO.

Outcomes:

- Attendees have with a deeper appreciation for Indian culture, traditions, and cuisine.
- Successful fundraising efforts that support community projects or charities.
- Learnings of entrepreneurship.

Geotagged photographs



P. Shetty
Dr. Pralika Shetty
Associate Professor
Head, Department of Chemistry
DEPARTMENT OF CHEMISTRY
SOPHIA COLLEGE (AUTONOMOUS)
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Science Day celebration:

Date: 28th February 2023 Venue: Physics Laboratory

Time: 9.00 am to 2.00 pm

Duration: 5 hours

Organized a Science Day celebration on 28th February 2023 as a part of Star Status Outreach activity. 70 Students visited Physics laboratories from three Municipal Schools (St.Stephen's School, Kherwadi Municipal School and Pali Chimbai Municipal Upper Primary English School) where they did hands-on experiments on magnet race, magic of light, measurement of density, Light dependent resistance and played games based on basic physics.



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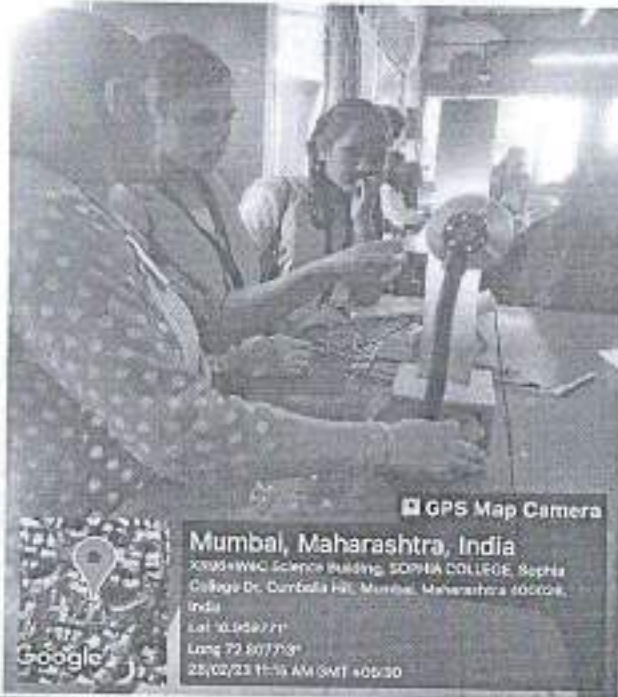
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GPS Map Camera

Mumbai, Maharashtra, India

2095+MWC Science Building, SOPHIA COLLEGE, Sophia
College Dr. Dumballa Rd, Mumbai, Maharashtra 400026,
India

Lat: 18.949771°

Long: 72.80773°

25/02/23 11:16 AM GMT +05:30



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Success Story pertaining to your institute under DBT- Star College Scheme
The impact of the scheme on the up gradation of science in the Undergraduate Courses

1) A brief description of some of the ongoing activities under the following headings are planned/conducted :

1. Extension of practicals

- a. Chemistry: Students are encouraged to think beyond the syllabus and perform experiments using commercially available/ natural samples (Eg: Estimation of Vitamin C in tablets of different brands, various citrus fruits, estimation of magnesium content in different brands of talcum powders, amount of phosphoric acid in different aerated drinks, checking pH of different consumables, preparing red cabbage indicator etc.)
- b. Composite Department: Model making and demonstration of electrical models like inverter etc by students

2. Fostering research aptitude

- a. Chemistry: Students are encouraged to take up RBPT projects such as extraction of dyes from natural sources available at home and dye fabric using the extracted dye and dyeing of Fabric using synthetic dyes of different classes based on their application, using different fabrics (cotton/silk).
- b. Composite Department:
 - i. Biocomposting (SYBSc) - after rainy season
 - ii. Culture of Microgreens using hydroponics - (FYBSc and SYBSc) - To be started after rainy season
 - iii. Sound pollution monitoring - SYBSc - Sem 3
 - iv. Study of Zebrafish culture methods and breeding -SYBSc - Sem 3
 - v. In Situ study of water parameters - To be done during study trips

3. E-Content generation:

Chemistry :

- a. Students are encouraged to generate E- contents like infographs/ppts/miro and publish their work on open educational resources.

4. Webinars/ Seminars/Conferences:

- a. Chemistry: Various activities like quizzes at intra and inter college levels are conducted throughout the year to develop the interest of students in the subject and develop organizational skills.
- b. Composite Department: Webinars are planned on topics related to biodiversity, biophysics and human health. Webinar on 'Cosmetics: The Hidden truths!' on 11th and 18th June 2022.
- c. Microbiology: Activities such as model making, Video making, Science Quiz/ Crossword/poster competition will be organized to encourage creativity, skill building and scientific aptitude amongst students of each class.



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07

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- d. Seminars on Bioremediation, Innovative Food Preservation/packaging technology, Viral Infections, Clinical research, Advance therapy in cancer, Model systems used in study of genetics and Biostatistics are planned.
5. **Field visits and industrial visits:**
- The Department of Life science is organizing a field trip to Khandala. The trip would involve the following activities
 - Creating environmental awareness and biodiversity richness in Western Ghats.
 - Seminar and conference to inculcate scientific temper among students.
 - Ex-student seminar to increase awareness with respect to career guidance among graduate students.
 - Composite Department: Tentative Field trips are planned to Sanjay Gandhi National Park, Mahim Nature park, Saguna Baug and 1 industrial visit
 - Microbiology: Industrial visits to Food processing, dairy and Biotechnology industry, Effluent treatment plant, Cancer research Institute Nanotechnology lab.
6. **Outreach activities:**
- To address the issue of tobacco addiction among Teenagers, an awareness campaign will be organized for Municipal School Children.

II) Impact of the scheme on the upgradation of science in the Undergraduate Courses .

- Laboratory skill enhancement**
 - Multiple units of instruments purchased helped the students to perform experiments independently. Introduction of new experiments and extension of the existing ones helped students to explore the subjects beyond the syllabus.
- Enrichment of students and staff**
 - By popular and Invited lectures conducted by eminent scientists from prestigious institutes like BARC, TIFR, etc
 - Experiential learning through Various Exhibitions/seminars/workshops /visits.
- Improved social interaction and environmental awareness**
 - Outreach activities at municipal schools at Haloli and Rajgurunagar, Khed helped in the enhancement of sensitization of students to socially relevant issues and social outreach.
- Innovative research activity**
 - There has been an increase in interdepartmental collaborations for research activities and projects.



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- b. Immersive learning - all students were able to do hands-on projects and UG students could present their work in the College research meet, 'Quest' held on Science Day.
 - c. And also participation in Avishkar and National Conferences. Some of their work was also published in scientific journals.
5. **Communication skill development**
- a. A course in scientific writing helped improve their writing skills, which also led to the improvement of articles in the inhouse newsletter 'Spectrum.'
6. **Impact of Star College Scheme on Teaching Learning**
- a. Not only did staff members get trained in teaching pedagogies like RBPT and POGIL with the help of DBT sponsorship, but also invited other staff members to participate in state level training.
 - b. This exposure has brought about a paradigm shift from teacher centered to student centered learning.
7. **Support to unique institutional activities**
- a. Some of our institutional activities like Excellence in Science Programme, Ananya etc., have been greatly strengthened due to DBT support.
 - b. Their support also helped in taking up new endeavors viz. Starting an in-house journal 'SCRIBE', and documentation of College Biodiversity etc.
8. **Training of lab staff**
- a. Conducting workshops to support 'Good laboratory practices' thereby enhancing their understanding of safety in the lab.



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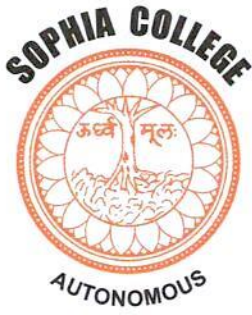
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**WOMEN'S CENTRE
EXTENSION ACTIVITIES**



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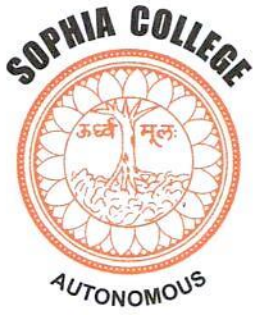
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Women's Leadership Training Programme

Conceptualised as a programme to empower Catholic women, the course is the result of collaboration between SCWSD and the Bombay Archdiocesan Women's Commission. The course was held between 21st July, 2018 and 2nd September, 2018, at Holy Cross High School, Kurla, Mumbai, the participants were drawn from different dioceses in Mumbai. The aim of the course is to infuse the participants with leadership qualities, and inspire them to take charge of a larger locus of control within their lives as well as within their own parishes. The detailed programme is as follows:

DATE	RESOURCE PERSON	TOPIC
Sat. 21 July	Sr. Philomena D'Souza	Introduction, Women Empowerment [C]
Sun. 22 July	Sr. Philomena D'Souza	Women Leadership [C]
Sat. 28 July	Sr. Ananda Amritmahal	Women's Studies & History of the Women's Movement
Sun. 29 July	Adv Veena Johari	Women's Legal Rights
Sat. 4 Aug	Chrisann Almeida-Creado	Assertiveness Training
Sun. 5 Aug	Dr Astrid Lobo Gajiwala	Gender Sensitization
Sat. 11 Aug	Vasundhara Sanghi	Basic Counselling Skills I
Sun. 12 Aug	Vasundhara Sanghi	Basic Counselling Skills II
Sat. 18 Aug	Sr. Patricia D'Souza	Rational Emotive Behaviour
Sun. 19 Aug	Marcia D'Cunha	Public Speaking [C]
Sat. 25 Aug	Sr. Ananda Amritmahal	Jesus' Vision for Women
Sun. 26 Aug	Virginia Saldanha	Gender Policy of the Catholic Church [C]
Sat. 1 Sept	Dr. Angelica D'Souza	Women's Health Matters





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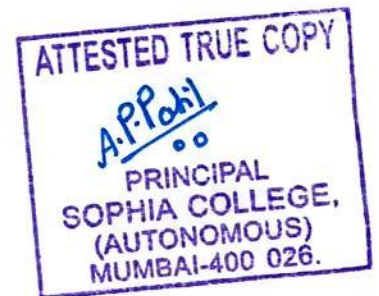
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Self-Defense Workshop

The Sophia Centre for Women's Studies and Development conducted six self-defense workshops in the month of January 2019. Mr. Vijay Kamble, the chief instructor of the programme, along with his team trained 240 girls from 5 municipal schools from the Vasai-Virar belt. The various self-defence techniques involved kicking, boxing as well as punching. The team also aimed at imparting a sense of awareness in the girls that it was important for them to be vigilant and prepared. The feedback received from Principals and teachers of the schools affirmed that the workshop was well received by the students and that the training proved to be indeed necessary, helpful and empowering.

Name of School	No. of times the course was conducted
Dr. Babasaheb Ambedkar BMC School	4 (Once each in Marathi, Hindi, English and Urdu medium)
Colaba Municipal Upper Primary School	3 (Once each in English, Hindi and Marathi medium)
K.K Marg Hindi Municipal School	1 (Hindi medium)
Byculla West Marathi Municipal school	1 (Marathi medium)
Meghraj Sethi English Municipal School	1 English medium





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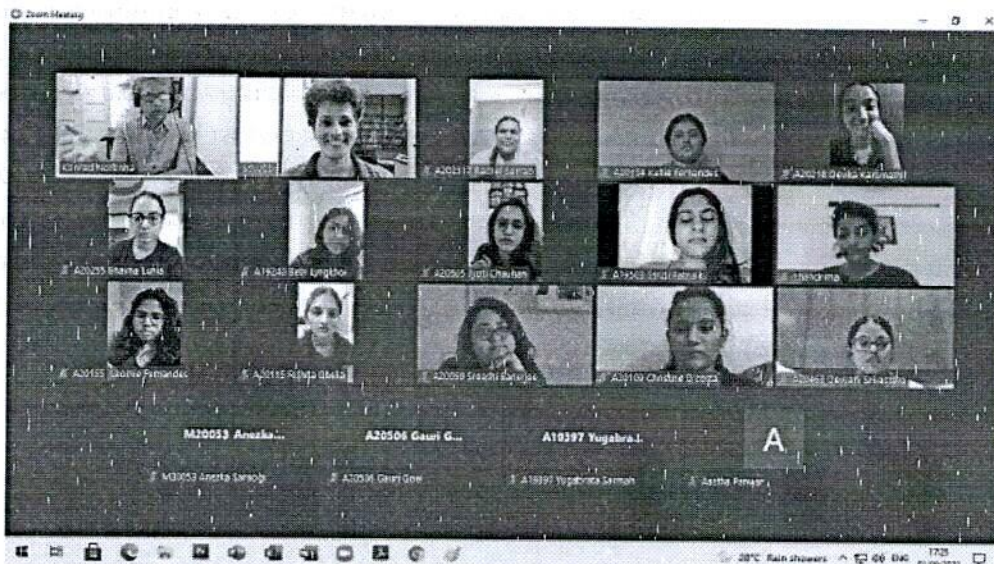
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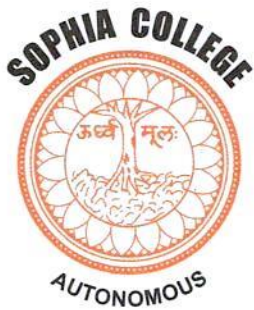
Certificate Course in Social Work Focusing on Women and Girls

SCWSD has designed this course to give students a foreknowledge of what social work is. It makes explicit the opportunities and the challenges that come with working in such a field. Apart from providing a strong foundation in social work, the course also specialises in the important focus area of women's issues within the social sector. The course was held from 17th August to 8th September 2021 with 18 in-house college students. The various resource persons for this course are experts in their respective fields, who are backed by years of experience in the social sector. Basic principles of social work in India, research methods in social work, women and legal rights, counselling skills and women and mental health are few of the sessions that the course offers to the students. The Certificate Course in Social Work aimed to introduce its participants to the basic principles of social work, making them aware of the current social issues that need attention, roots of gender discrimination and legal rights of women.



A session with Fr. Konrad Noronha, Certificate Course in Social Work Focusing on Issues Related to Women and Girls 01.09.2021





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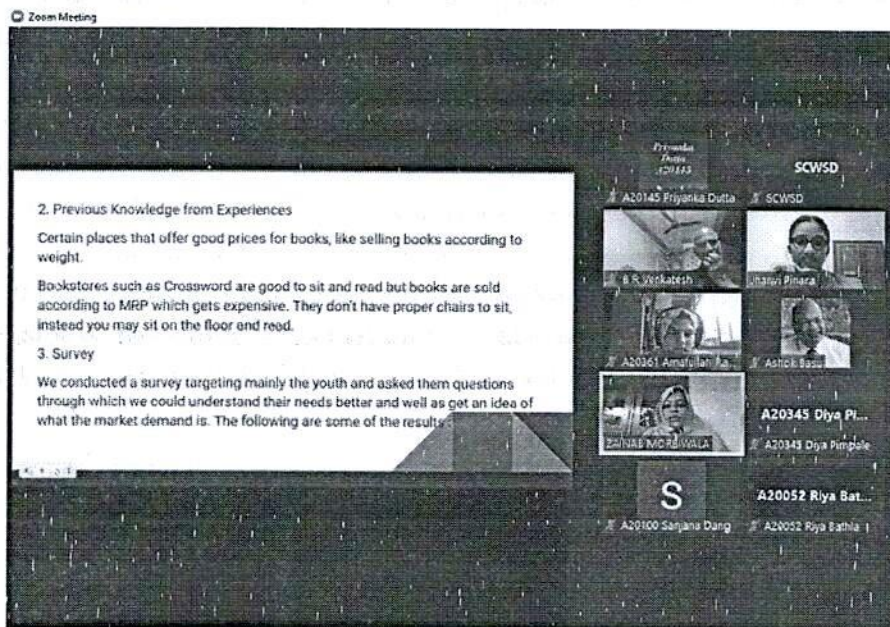
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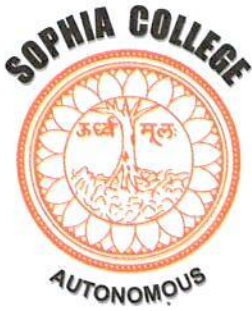
Certificate Course in Entrepreneurship Training

This course was introduced for the first time this year and held in two batches due to a demand from students (1st batch - 19th July to 11th August 2021, number of participants 16 & 2nd batch - 31st January to 14th March 2022, number of participants – 33) The course components included introduction to Entrepreneurship Ideation - various ways of thinking of ideas, starting the process, how to filter from the numerous ideas one may have to pick a few or one best suited for you, Self-Awareness (related to Entrepreneurship) – to know ourselves a little more, discover our strengths/weaknesses , attributes, things that we can do well, are we really cut out to be an entrepreneur?, Idea to Reality – what are the parameters required to actually covert this idea into a business, how do you think about it, how do you action it, tools / skills/ thoughts required, Attributes of an Entrepreneur/Soft Skills – what do we need to be entrepreneurs , how do I improve and finally Business Modelling Presentation – finally how do we actually put our idea into a business model – see is it feasible financially and market wise or not.



Business Plan Presentation Competition. Certificate Course in Entrepreneurship Training 12.08.2021





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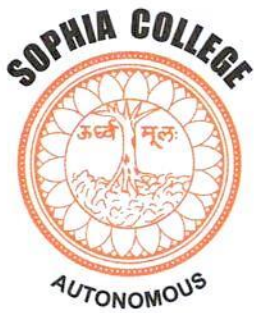
Certificate Course in Social Work Focusing on Women and Girls

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Date of the sessions: 12.09.2022 to 30.09.2022

Number of participants- 21





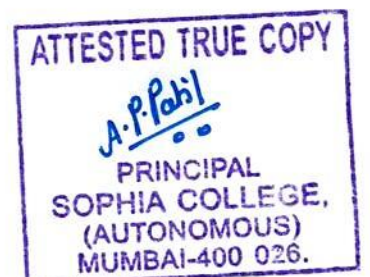
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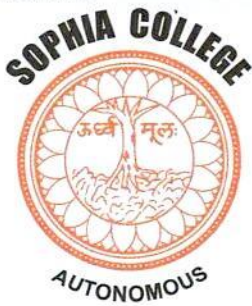
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NSS (2022-2023)



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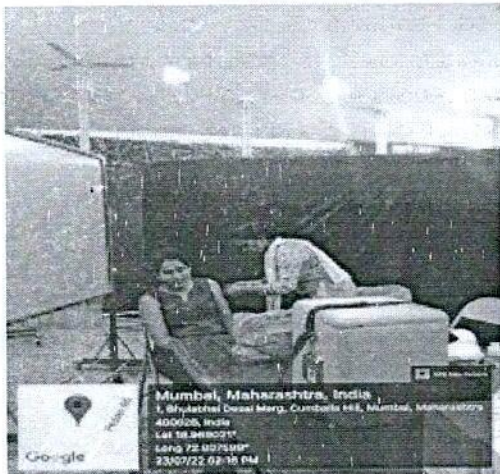
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Booster Dose

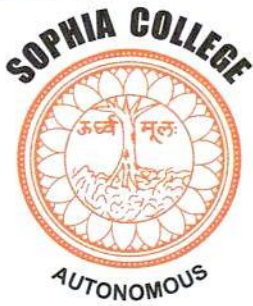
COVID-19 Booster Dose Vaccination Drive (23rd July, 2022) : The NSS Unit of Sophia College in collaboration with BMC D-Ward organized a COVID-19 Booster Dose Vaccination Drive. With the help of 31 efficient volunteers, the smooth functioning of the drive was possible. People showed up in large numbers. 65 non-teaching staff, 16 teaching staff, and 59 students were vaccinated, that is 140 beneficiaries in totality. The groups for the vaccination were divided on the basis of vaccines covaxin/covishield. The gracious attitude of Principal Dr. Anagha Tendulkar in taking the booster shot promoted others to actively participate in the drive.



Anagha Tendulkar

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Shiksha Project

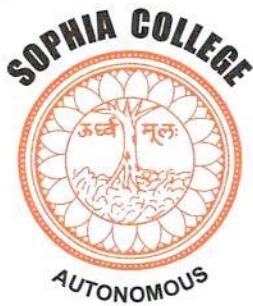
Shiksha: The NSS UNIT of Sophia College organized the “Shiksha Project”. The Shiksha Project is a wholesome experience, where volunteers go to teach students in Municipal schools. A total of 41 NSS volunteers went to 2 Government schools- JSS Municipal Municipal School, Grant Road, and Kawalemath Municipal School, Banganga. Student’s curriculum included English and Mathematics along with Various extracurriculars including art, craft, dance, sports, and music. 40 volunteers went to teach in 4 batches (approximately 10 volunteers each batch).



Paulinde

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Tree plantation drive - Haloli (4th August 2022):

The plantation was done in collaboration with Range Forest Office, Div- Dahanu. 300 trees were planted in the forest and 60 saplings were planted in the Haloli village. Despite the hardships, the volunteers outgrew the circumstances and completed their tasks. Awareness was spread across the village while conducting the plantation. Volunteers visited and planted trees with school-going kids also outside local villagers' houses. 'झाडेलावा, झाडेजगवा!' was the major influence. The efforts of police officials, the forest department, teachers in charge, locals, and NSS volunteers amalgamated and resulted in everlasting success.



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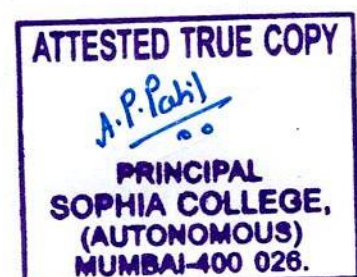
'Bol do': Drama Cum Seminar on Child Sexual Abuse (18th November 2022):

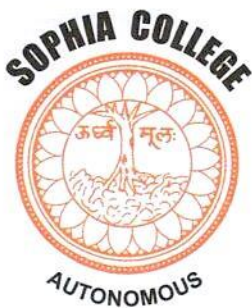
The NSS Unit and Hindi Department of Sophia College in collaboration with THOHF- The Hands Of Hope Foundation and Hindustani Prachar Sabha to celebrate Child Safety Week organized BOL DO: DRAMA CUM SEMINAR on Child Sexual Abuse under POCSO act, 2012. The event was witnessed by: Ms. Insiya Dariwala, the founder of THOHF, and her team members Mr. Pranav Joshi, Dr. Chandni Shiyal; and Mr. Firoz Patch who have been actively participating in social work. N.S.S. Coordinator Dr. Vaishali Pachunde and The Head of Hindi Department Dr. Sumanika Sethi. The event was planned as it encourages commitments to raise public awareness of those affected by child sexual abuse and the need to prevent and eliminate child sexual exploitation, abuse, and violence, and the imperative to hold perpetrators to account; ensuring the access of survivors and victims to justice and remedies.



Pachunde

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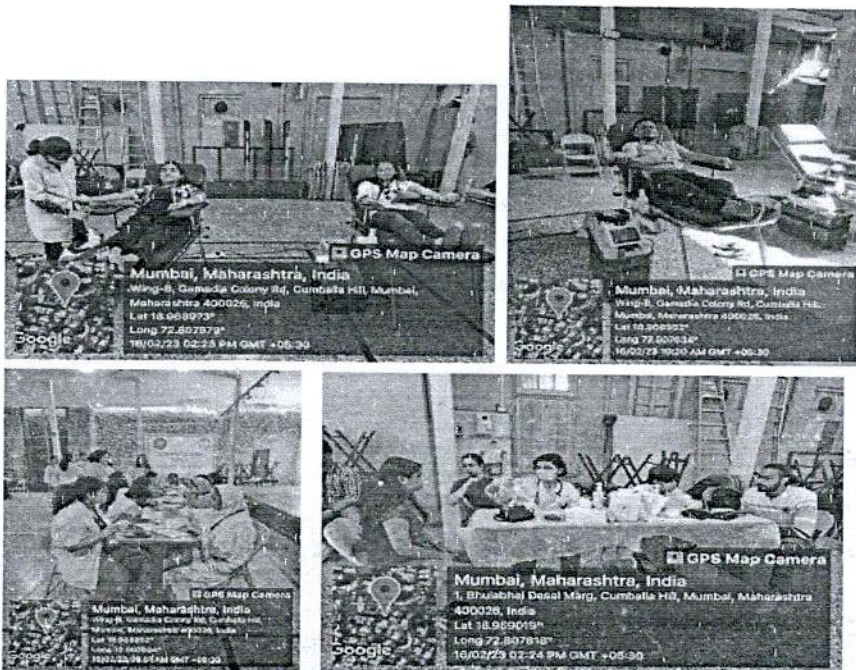
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Blood Donation

The NSS UNIT of Sophia college in collaboration with TATA Memorial Hospital Blood Centre organized a Blood Donation Drive in the Multi-Purpose Hall of Sophia college on The 16th of February 2023 from 9:00 am to 3:00 pm. A total of 101 enthusiasts came forward to donate blood but most were rejected due to low hemoglobin. A total of 28 units of blood were collected.

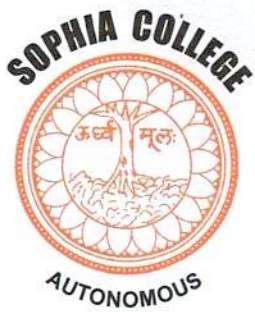


(16th February 2023)



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Blood Donation

The NSS Unit of Sophia College in association with K.E.M Hospital organized a Blood Donation Drive at Dadar railway Station on 23rd August 2022. Volunteers were holding banners which attracted a large audience.



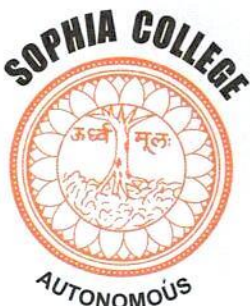
(23rd August 2022)



A. P. Pabli

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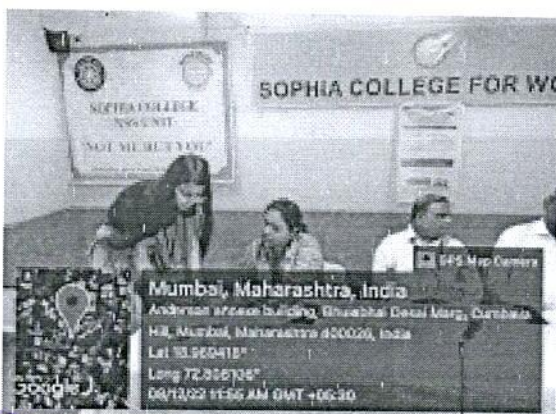
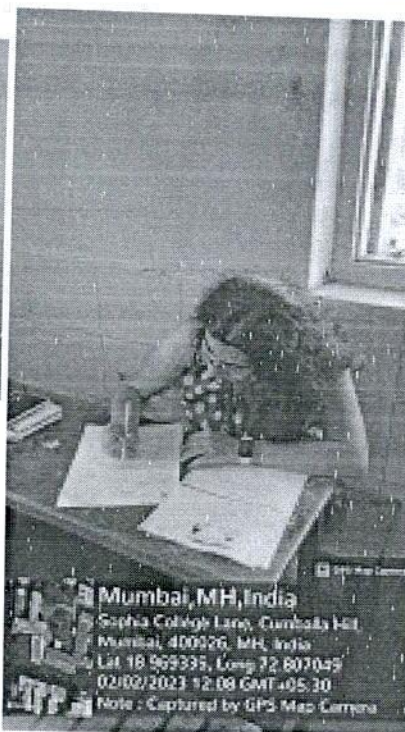
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Voter's Registration Drive

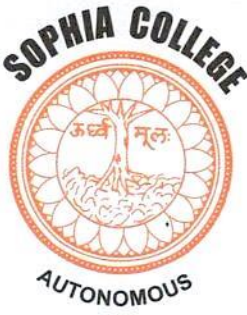
The NSS Unit of Sophia College in collaboration with the 185 Malabar Hill Constituency organized a Voter's Registration Drive on 8th December. The aim of this drive was the registration of new Voter IDs as the youth of this nation were also provided with the option of making changes to the old ones. Both online and offline registrations were done. With the help of 10 NSS volunteers, 20 beneficiaries were reported. About 60-70 students of the college were also reported to come and gain information regarding Voter ids.



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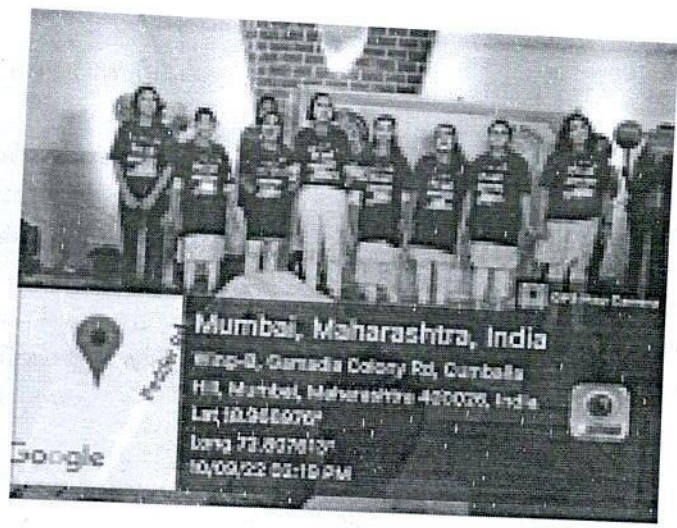
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Skit On Suicide Prevention (10th September 2022):

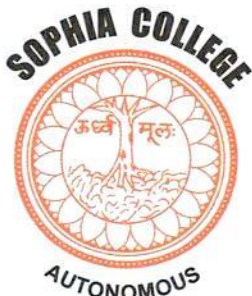
The NSS Unit of Sophia College presented a skit to celebrate World Suicide Prevention Day In collaboration with MPower from Aditya Birla Education Trust at Multi-purpose Hall, Sophia College. Our 9 NSS volunteers performed the skit. The props used by them were white face color to represent mental thoughts and Gulal to represent demons in the mind. The skit showcased that there should be a conversation about mental health and why it is important. The event was witnessed by Dr. Mrs. Neerja Birla, Founder, and Chairperson of Mpower.



Deekhande

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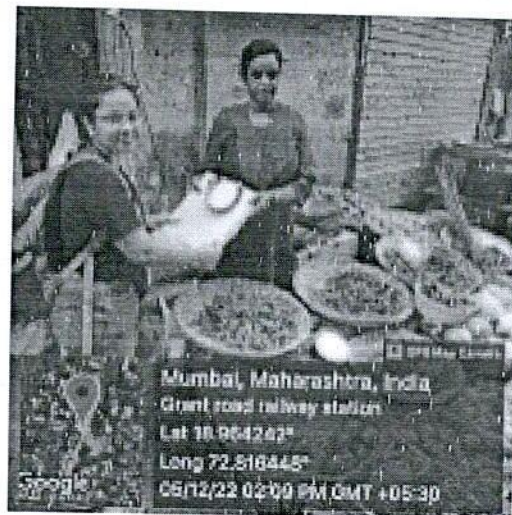
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Swachh Bharat Activities:

Keen to clean (27th November to 5th December 2022): The NSS Unit of Sophia College organized a Swachh Bharat Project titled "Keen to Clean." It was a cleanliness drive that was conducted for a week and consisted of various activities: quiz, Essay writing, Poster Making, Paper Bag Making, and Dustbin Making. The theme was cleanliness. Volunteers were supposed to make 15 paper bags, 5 of each size (small, medium, and large). On the event's last day volunteers visited three different railway stations, displayed posters, and distributed paper bags and dustbins there. Volunteers went to Grant Road, Mumbai Central, and Lower Parel railway stations. A total of 232 bags and 7 dustbins were distributed.

Campus cleanup (16th January 2023): The NSS Unit of Sophia College organized campus cleanup for the second time this academic year. The campus cleanup consisted of not just cleaning the campus but also spreading awareness regarding the importance of cleanliness in our surroundings. Our volunteers took the responsibility to make our campus cleaner.



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